NAMELESS LION



THE HUMAN EXPERIENCE

A JOURNEY INTO THE MYSTERIES OF THE HUMAN BODY AND BEYOND

Truth is Greater
than Everything,
but Higher Still
is True Living.

Nanak

Preface to the Second Edition

ONCE UPON A TIME

It has been 6 years now that I have completed this book. We can say that since I published it, my entire life has changed, and yet, as the saying goes, the more things change, the more they stay the same.

Over the years, as I continued teaching and refining my own inner-standing, I have come to better realize the value of what has been set down in these pages. It's funny to say, I know. But to be honest, and perhaps you can relate, there are times when you create something and do not yet fully realize the scope of what was channeled through you. The implication, the brilliance, the exactness. This is precisely how I feel about this book. Each time I read through a passage, I am myself in awe with the depth and majesty of the content found therein.

I distinctly remember the state of mind I was in, and where my life was at when writing these words, and although I have learned so much since completing this work, the very essence of it is more exact than it has ever been. In other words, I have continued to apply this "grand theorem" in my personal relationships, as well as with students and clients, and have continued to see the sharpness and unparalleled precision of its Vision.

This book presents a foundation. A way of understanding Life, from the ground up, allowing you to cultivate discernment and clarity.

Life is infinitely big, and there are so many paths available, especially in this particular age where the mind has become so fractalized. It is so easy to lose oneself in branches or sub-branches of the great Science or of Life losing sight of the big picture, which begins and ends with the soul, and the human experience.

In my humble opinion, what is missing in the world of spirituality, and life in general, is a Golden Thread. A central chain that ties all parts into one cohesive Whole. After all, that is what Yoga is all about.

I believe this book, in its own imperfect way, shares, for the simple and down-to-earth human being, a vision of the human body, health, healing and disease, which allows you to see Life as One Giant Web. It connects the dots, using the body as the main fulcrum. In other words, contrary to the intellectual studies that use history, science, sociology, or ancient texts as the essential basis for their theorems, where there can never be any proof of the validity of one's discovery and interpretation, everything I share here can be verified by the reader, if they decide to journey within the human body and discover Reality for themselves.

Over the years, I have studied in various fields, and have come in contact with some of the world's greatest researchers. I am always extremely pleased when their "external" research and studies corroborate my direct "internal" realizations. To realize Life's deepest secrets for myself is what I have always sought, and although it is not always easy, this is what my Life is truly all about.

In this 2nd edition, I have decided to make as few changes as possible to keep the original tone and vibe intact. Modifications have been made, just to make certain everything is up to date, but as a whole, the text reads almost like the original.

That being said. Enjoy the ride!

Nameless Lion
April 2020

Man spends his whole life
exploring the so-called
wonders of the world in outer
things and places, but few
ever dream of exploring the
inner depths of this wonderful
house in which we live
- the physical body.
Throughout history, few
have solved the mystifying
riddle of life.

Kirpal Singh

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THE HUMAN EXPERIENCE

Preface to the Second Edition

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This book is dedicated to all the sincere
seekers after Truth searching for
Light in a world of Darkness, and to
those who yearn to live a life of fullness,
where all parts of themselves
are woven seamlessly together as one,
in the service of The God.

Nameless Lion

Introduction

IN ESSENCE

The book you have in your hands is not a regular book. It is not meant to educate your mind, to feed it with information, or to help you sound smarter during your next dinner conversation. On the contrary. It was written with the sole intention to touch you deeply, at the core of your humanity.

In the following pages, I will take you on an intense and profound journey. A journey towards the Self. In order to accomplish this via words and language, I had to bend the rules, so to speak. I had to completely let go and FLOW with the current of inspiration. I had to trust the creative process and let it take over. I had to become a servant of an intention that was and is infinitely bigger than my little self and let myself be guided by it in full faith.

It has taken me more than 5 years to write this book. I traveled for months on end, to Costa Rica, to the islands of St. Martin and Ste-Croix, to the Gaspésie Peninsula and Mexico, as well as to Hawaii and South-Africa, in order to isolate myself, train and write. I have written more than 1200 pages in two languages in order to complete the task. As I was writing, I could feel the "Word" wanting to express itself without boundaries, and at the same time, there were all my desires, apprehensions, and mental concepts trying to regulate and control its flow. "*You can't say this. What will people think? This is too deep. People will feel offended here. If I say this, it cannot be a bestseller. This part will scare some. Do you really know what you are saying?*" And so on.

The writing of the book took me on a journey of healing and clarification. Who am I, really? What do I really believe and know? What are my values? What do I really want? What is my real intention behind writing this book? How do I wish to present myself to the world? Can I share myself as I am without having to "become" someone? If so, how?

All my life, like so many other people, I have attempted to mold myself according to society's standards. Because of this, I have suffered greatly. My healing journey was about reclaiming all the different parts of my personality and integrating them into one beautiful organic self. It was about fully trusting that Life has a bigger plan for me than my own mind can imagine. And about accepting that I am a human being, and that my deepest desire is to serve other humans with the song of my heart, and that for this to truly happen, my preconceived "I" had to get out of the way, that it was impossible to genuinely be of service if I was seeking the fruits of my labor.

By allowing all parts of my personality to have their respective space in the book, by finding a genuine inner alignment inside and making peace with myself, by seeing the Whole picture as One, the Life Force inspiring me was finally able to express itself and create through me a living book worthy of my Great Teacher. And like all living "things," it affects you when you come in contact with it. It touches you and moves you, deeply. It takes you on a journey, inside yourself.

As you read the book, there will be segments where it flows and where you will really enjoy. At other times, it will be more challenging, and you will feel awkward and strange. You may want to quit. Keep going. Sometimes, you will be flying High in pure bliss, while at other times, you will find yourself squeezed inside your body, feeling tensions and pains that you have not dared to feel in a long time. At moments, you will feel completely illuminated, while at others, you may feel like you are in a state of pure chaos.

There will be segments where you will follow me 100%. Others where you will not understand what I am saying. Don't mind these parts. They are generally short, and you can continue your journey even though you didn't "get" that part. It will make sense later on. Trust the process and let your nervous system do its job.

This book is truly a Journey into the mysteries of the human body and beyond. As with any journey, you can expect highs, lows, challenges, moments of integration, realizations, battles, successes, losses, and so on. It's not stale and uniform. It's a living experience, like Jazz or Indian Classical Music, or true Hip Hop.

Whatever happens, you can be certain that once you conclude your journey, you will be a changed person. Not so much that you will have become someone else. But rather, you will have come closer to who and what you really are, underneath all your masks and compensations.

I am often told that I speak out loud what people seldom dare to admit to themselves. We could say that this is my gift. I put words to what you deeply and intuitively know. This book is essentially representing that voice that lives inside of you, crying for Peace, Truth and Wisdom. The part of you that knows that there is more to life than meets the eye, and that firmly feels and believes that God is Love and Love is God. This book is the voice of your humanity on paper, written in a simple, down-to-earth language.

As you go through the pages, I ask of you not to worry so much about the words and the mental ideas and concepts being presented. These are just words, containers, to something bigger. Rather I invite you to connect to what you feel inside your body. This is what truly matters.

You may read a few segments of the book, then need to take a break, a time to integrate some of the lessons. You will see them come alive in your everyday life and you will find yourself seeing things clearer than ever. Enjoy! Then, when you feel ready for it, continue the journey and discover what awaits you…

On that note, sit back, relax and enjoy the ride.

Best of luck and see you on the inside.

Blessings

Nameless Lion
December 2015

CHAPTER

1

[The Discovery]

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THE POWER BEHIND REAL QUESTIONS

What is dis-ease? Why do we get sick? Why do human beings suffer so much? Are we condemned to a life of hard work and misery, only to end up sick and hospitalized, before dying on anesthetics and medication? Is this how the life of man is meant to be?

Why is it that people do not realize their inevitable destiny, despite the fact that they witness the fate of their friends, family and loved ones? Do they not see what is awaiting them? If they do, why do they choose to ignore reality? And if they don't, why have they become so blind to what is happening right before their eyes?

Is it possible that the Infinite Creative Power of God has made a mistake in His creation? Does Nature make mistakes? Is Nature really trying to destroy us, as medical science would have us believe? How can we explain the exponentially increasing rate of dis-ease and physical, mental and spiritual malaise? Do the so-called solutions that we are so desperately consuming really work? Or are they simply another form of compensation/addiction that serves to anesthetize and distract us? How did we end up like this?

Have we as human beings lost all real hope of living a healthy, peaceful and harmonious life? Where did our vitality, creativity, youthfulness and our joy of life go? Are we supposed to accept living in an artificial paradise generated by technology and endless sensory stimulation? Is happiness nothing more than the feeling of a perpetual "high" that is generated by our environment?

Why is it that despite its greatest efforts, science has not succeeded in alleviating man's suffering, and that as time goes by, the rate of dis-ease is skyrocketing, wars are multiplying, discontent on a mass level is becoming the norm, violence and hatred are spreading, while the ordinary man is overloaded with problems, burdens, anguish, and is completely exhausted, drained of all his energy, almost lifeless and without hope?

Is it possible that everything happening on Earth is our own "fault," that we are essentially responsible for our current situation? Are we suffering the consequences of our own actions? Are there universal laws that we are currently ignoring and breaking? Why is it that, in our day and age, we have forgotten how to live, and that even

the simplest things like eating or caring for our bodies have become the source of complication and debate?

Why is modern society so obsessed with materialism and consumerism? Is life limited to being born, growing up, finding a job, making money, eventually having a family and then dying? Is that the sum of human existence? Or is there something more to it, hidden beyond material life?

What is the true purpose of human life? Who are we and why are we here? Where do we really come from? Why are we presently so confused? What is going on with contemporary human beings?

THE LITTLE PRINCE VISITS PLANET "HOSPITAL"

In 2002, I was studying nursing sciences in university. That same year, I also decided to complete a training to become a nurse's aide. During the summer, I immersed myself in the hospital world, wanting to integrate myself into what I thought would be my future work environment.

My trip to planet "Hospital" was an event that marked my life forever. You might be wondering what it is about a simple hospital that could affect me in such a profound way. The answer is simple. It was there that I, for the first time, became conscious of the reality of disease and death. I saw it, touched it, observed it, smelled it and felt it, through my own senses and my own hands.

As a teenager, I had already volunteered in a hospital, and the experience had really marked me, but this time, it was different. I was mature, ready and open to really see with all of my being what was going on. I had enough inner strength to allow myself to be profoundly touched by the experience, without letting it drain me or falling into depression.

It's at this moment that I became truly conscious of the destiny shared by all human beings on Earth. None can escape it, not my parents, not my friends, not even myself. Everyone was simply waiting for their turn, without ever questioning this reality, and this to me was the strangest part. Even those on the verge of death didn't seem to realize what was happening to them.

After being exposed to disease, old age and death in this way, something in me shifted forever. A reality which I had never accessed opened up before me, disturbing me at the very core of my being. I became conscious of the outcome of our western lifestyle, and nobody, no matter their title or social status, could now convince me otherwise. The dream was over!

In the deepest silence of my heart, a question was haunting me: *"Why is it that everyone ends up sick, dying from one disease or another, on heavy medication, feeling numb, stiff, and powerless? Is this normal?"* It made absolutely no sense to me!

What shocked me the most was the fact that nobody, neither the doctors, the nurses, nor the different therapists, seemed to ask themselves these questions, which were, in my humble opinion, fundamental. What's more, why weren't they in any way capable, despite all their "knowledge," to prevent or truly cure disease?

In reality, their work was limited to managing the seemingly inevitable consequences of life. *"The body will get sick. We will be attacked by viruses, bacteria, parasites, etc. Our genes will mutate and eventually generate cancer. At any given moment, the immune system can turn against our body. That is how life operates, and we (the doctors and therapists) are here to take care of the victims. We must accept that we are prey to a cruel and vindictive nature, and our duty is to try, as best as we can, to save lives."*

From this perspective, we can only respect the people who have devoted their life to care for humanity in this way.

Essentially, what medical science communicates, consciously or unconsciously, through its actions and teachings, is that life is an immense battlefield, where everyone will eventually die, overpowered by the enemy – Nature – and its relentless attacks.

But is this really how things work? In the deepest part of my being, although I couldn't yet prove it, I knew that what I was witnessing made no sense. The world in which I lived was literally upside-down.

The more I deepened my journey into the hospital world, the more my inner questioning intensified. *"Will I also die like that? I don't ever want to suffer like this. I don't want anybody that I love to suffer like this. It's inhumane... What a nightmare! Isn't there any alternative, another way? What is going on?"*

What I was experiencing wasn't a psychological trauma, the kind that makes you anxious and paranoid, but rather a spiritual awakening. I was becoming aware that there was something profoundly skewed in our society and our way of living. What I was witnessing was the result of a life spent in service of a defective System!

Since childhood, I had always felt that there was something wrong with our society, our world. But when I hit puberty, I got completely absorbed by the inner chaos of my insecurities and lost sight of the external world.

Then suddenly, but this time with more maturity, the veil of ignorance was lifted once more, and reality became crystal clear again. I could see and feel the world for what it really was, beyond its appearances, like the Little Prince during his travels to different planets, where he encounters different characters who are completely absorbed in the absurdity of their own reality. Our world was indeed absurd. Everyone was essentially waiting in line, eagerly waiting for their turn to win the lottery of disease, yet no one wanted to actually look at the situation and face the problem at hand, no matter how huge, and despite the fact that it was only growing bigger in time. That is the definition of madness as far as I am concerned.

SHAKING AN EMPIRE

If someone told you that you were going to die in less than a year (and you actually believed it, of course), would you keep on living in the same way? It goes without saying that your entire life would be shaken to the core.

Although this example may sound like something out of a Hollywood movie, in reality, we are all faced with this exact same situation. The only difference is that in our case, we have no idea when death will arrive, making it that much more suspenseful.

Strangely enough, and contrary to the Hollywood movie where the hero then tries to transform his life in a matter of days, we keep living as if life had no end. We seem to have convinced ourselves that death and disease will never happen to us. We will, of course, be the exception to the rule, because we are somehow "special."

When I get into these subjects during my lectures and workshops, it almost always creates a profound uneasiness in the participants, which is absolutely normal. This shows that they are actually listening and that they, maybe for the first time in their lives, are becoming conscious of what they have been ignoring for so long.

In today's society, speaking of death has become taboo, like many other subject matters that stir up the unconscious. If we pay close attention, we realize that our modern socio-economic culture is geared towards hiding death, as well as concealing as quickly as possible any symptoms that remind us of its existence.

What makes our behavior both ironic and peculiar is that death is an integral part of Life. How can we talk about Living, in the larger sense of the word, if we refuse to acknowledge one of Life's main components?

Throughout the centuries, eminent thinkers and philosophers have dared to go beyond this discomfort and explore, even if only conceptually, this phenomenon that seems to have been haunting man since the beginning of time.

Freud, for example, asserted with fervor that death was in reality man's greatest fear; it terrifies him to such an extent that in order to survive he must repress it into the furthest depths of his unconscious.

On the other hand, the great mystics consider death to be the pinnacle of human existence, asserting that in reality man's life is nothing but a preparation for this grand passage.

There are some who prefer to anchor themselves in religion and its teachings about the afterlife, while others prefer to simply ignore the subject and put all their faith, often unconsciously, in the hands of science, hoping it will succeed in saving them from the inevitability of death.

In reality, no matter what beliefs we adhere to, as long as we haven't died while living, it is impossible to truly release the existential anxiety that burns inside us all and to experience the inner peace that we all wish to find.

Disease

In our modern-day culture, disease has basically become synonymous with death. In other words, it points to, or reminds us of the inevitability

of death. Considering our lack of relationship with Life and therefore the process of death, it's not surprising that we try to avoid any honest questioning or conversation about disease. It is after all the gateway towards our most existential questions, to which, for the most part, we have no definite answers. It points towards the great unknown.

While philosophy or science approach these questions from an external and mental standpoint, disease confronts us directly and on a very personal level with death, as well as with the distressing condition of contemporary human beings.

When we suffer from pain and "dis-ease," especially at the physical level, sooner or later, we begin to question ourselves: *"Why am I suffering? What is really happening to me? Am I going to die? Is there a solution? What if the pain never stops? Why is this happening? What did I do to deserve this? How can I remedy the situation? How am I supposed to endure such pain? Who can help me? Can we remove the pain?"* Our attention naturally gets absorbed by what is happening, and it is very difficult, without the help of palliative medication or herbs, or by consciously distracting ourselves, to not pay attention to our condition. The pain is so sharp,it is no longer possible to run and hide. The same can be said for emotional, mental and spiritual pains, however because these are not necessarily perceived at the physical level, they seem less confronting.

If we stay with these questions long enough, we gain access, quite organically, to a deeper query, but this time, of an existential nature, rather than a philosophical one: Who am I? What is the purpose of my life? Was my life useful? Or have I wasted it? Did I achieve what I truly yearned for? What happens after I leave this place? Where will I go? What will become of me? Is there such a thing as God? What can I really rely on? Who can console me at this time?

This is when the spiritual quest actually begins. It is not triggered by intellectual curiosity, but by the internal realization of the ephemeral nature of human life.

It is said that Buddha, before attaining enlightenment, was a prince who possessed all the luxuries of the world. One day, as he was taking a walk outside his palace, he was for the first time confronted with the pitiful condition of human beings, as well as the undeniable reality of disease, aging and death, all of which had been hidden from

him up to that point. At that moment, he realized that life made no sense. *"What is the point of living if it is filled with suffering, and in the end, you become sick and die?"* This is when he made the decision to leave everything behind, in order to find answers to his questions and so that he could one day present a solution to humanity.

I really love this story, but I find that it is incomplete. If Buddha decided to leave everything behind, it is because his experience made him conscious and allowed him to feel, through his own body, the reality of Time and the inevitability of disease and death. He became aware of his condition. The key word here is *feel*. For him, it was no longer just an idea, but a reality he was confronted with. This is the gift offered to us by so called "dis-ease." It allows us to feel directly the reality of being human, here and now, as well as to become conscious of the consequences of our actions. It is the real engine behind any genuine and sustainable transformation, the true fire of change.

The New Religion

In the last two decades, technology has become an integral part of our lives, more so than at any other point in recorded history. On a typical day, it is rare that we don't come into contact with technology in one form or another. Our lives literally revolve around it. It is therefore not surprising that more and more people turn towards "Science," the father of technology, in order to find solutions to their problems, as well as answers to the great questions of life. Applied sciences have after all mastered the material world, or so it seems.

In reality, the more science evolves, the more it is slowly but surely replacing the "old" religions. It can now position itself as the reference and indisputable authority of knowledge and wisdom. In fact, even those who subscribe to a religious faith, unknowingly, are followers of Scientism, which at the end of the day offers greater comfort and security than any dogma or belief system.

However, despite the great scientific discoveries and technological progress that our civilization benefits from, there is a strange phenomenon happening. Existential anxiety, depression, loss of meaning, emptiness, and desperation are all on the rise, and increasing at an alarming rate. In fact, it is safe to say that the more science develops,

the more human beings in general are deeply unhappy and dis-eased, even if they possess more material wealth and have access to greater opportunities for prosperity and well-being than ever before. Truth be told, the more we evolve technologically, the more it seems that we regress internally.

There exists an intricate relationship between science/religion and the subject of disease/death, one that we more often than not prefer to ignore, out of convenience and perhaps fear. I will briefly address it here and deepen the subject throughout the pages of this book. It is impossible to speak of either religion or scientism without speaking of the quest for power and control, for they are intimately related. Holding power entails exercising authority, and consequently it means the creation of an elite or privileged class which governs the minds of the people towards an end.

What better way to direct and control people than by keeping them ignorant of their true nature and making sure they remain fearful and "sick"? Healthy and strong people have the capacity to discern what is happening around them, to think for themselves, as well as to rebel against oppression.

This may sound gloomy and conspiratorial, but by deepening our research, we quickly realize that everything is intimately connected. If we avoid certain subjects, and here I'm particularly thinking of disease and our modern lifestyle, it is because we know that these may raise even larger and more complex matters that we'd rather not face:

What is happening on Earth? Why are there so many people suffering and living in misery? Why is there so much injustice and inequality? Where is our world heading? Is the world truly as chaotic as it seems or is there an order behind everything that is happening? Who is really leading the world and what is their goal? Are there "negative forces" or powers that wish to enslave us to achieve their own ends? Are we simply pawns in a multidimensional spiritual war?

It is said that we die the way we live. If we take this expression to heart, we can clearly see that people have lived miserable lives, despite all the illusions and falsities masking Reality, which would explain why they must be drugged up in order to die, or the pain would be unbearable. Clearly, there is something that doesn't make any sense here. We've been misguided since day one to believe that this is simply the

way of things, that human beings are condemned to die in such agony, because of Nature. In fact, it is because of these false beliefs that we praise science for relieving us of such excruciating pain. But with a little discrimination, we realize that this is preposterous. Our deaths are so grotesque because we live our entire lives going against our own nature. That is why we suffer. And this brings the question: "*Why don't we know any better?*" To which the answer is: "*Because no one has educated us on this.*" In fact, I would go as far as to suggest that we've been misled intentionally, which brings us back to the relationship between science/religion and disease/death.

The moment we no longer buy into the ridiculous claim that dying in such an agonizing way is natural or normal, immediately an alarm goes off inside. We may not know where the "fire is burning," but we know beyond a doubt that something is wrong. We can feel it once again. We were simply blinded by something that we cannot yet fully comprehend.

Perhaps now you can better understand how the simple question: "Why *are people getting sick and living their final days in such inhuman conditions?*" can shake the foundations of an entire empire, and why it is imperative to silence anyone who wishes to bring it to light.

Such a question confronts us with the vastness of our own ignorance concerning the human body, life, society, the medical system, health, healing, religion, spirituality, the world government, money, nature and the universe, and this despite having access to a "flourishing" science, whose role is to answer all of our queries. It points to the fact that we are ignorant and that we are systematically being lied to. It sheds light on our everyday reality and the human condition.

A Story I Would Like to Share

All my life, starting from a very young age, but even more so after my visit to the medical world, I was sharing with the people around me my questions, doubts and frustrations about society, the medical system, religion, as well as the contradictions I saw in the world that we lived in.

I was faced, most of the time, with resistance expressed either through an uncomfortable silence, an abrupt change in the conversation

or a "friendly suggestion" to not pursue these subjects: *"Nobody knows what happens after death. Nobody can resolve this kind of enigma, so you might as well forget about it and live your life. Medicine and medical doctors are doing their best, so why are you criticizing their approach? Cancer is a reality, it's been proven. Disease and death are part of life. You are lucky to be living in this era, in the past people died from a simple fever. Who do you think you are to question science and the research of these brilliant men and women? Science has demonstrated the existence of viruses and bacteria, as well as the theory of evolution. There is no doubt about it. What!? You want us to go back in time and live under the rule of religion again? Are you trying to tell me that there's a conspiracy, you believe in all that foolishness? Why would someone want to hide reality from us? Don't be ridiculous. What would be the point?"*

A bit like all the great explorers who knew deep down that there existed new worlds to be discovered, I also dreamed of finding answers to my questions and making sense of the reality in which I was living. I was certain that the answers were "out there" somewhere, and that it was my/our birthright as human beings to have access to this knowledge, if of course, I/we wished to know it.

Despite being judged and criticized by the people around me, and despite the veil of ignorance pulled in front of my Eye(s) by the world, I was convinced that there was something about our way of living and our understanding of Reality that was fundamentally false and misleading, and that it was the root cause of all dis-eases and suffering afflicting the people of our world today.

Although I was intimidated to the highest degree of the vastness of the unknown territory in front that I was faced with, it was impossible for me to ignore this inner calling and miss out on the opportunity to find answers. I once read that the moment a sincere question arises in the heart of Man, only its resolution can re-establish peace and well-being within him/her. I entirely agree!

WHERE TO START?

When we are seeking for answers, whether to existential questions or more mundane inquiries, our first reflex is to look for books, or

nowadays, to search Google, Wikipedia or YouTube. Through reading (or watching videos), our imagination is stimulated, and our mind opens to new possibilities.

The authors offer us an intellectual explanation to things that we wish to understand. They paint us a picture and help us gain clarity. They can also offer us techniques to help solve some of our problems. Sometimes they speak on a more personal level, sharing with us their experiences, challenges and successes, and through this offer us inspiration, solace and companionship.

What distinguishes a really good author from another, in my opinion, is his or her capacity to speak the truth, that is to put words to the things we feel deep inside ourselves, but that we haven't yet been able to express, or take responsibility for. Through their words, they validate our own realizations and help us see the implications of these for our everyday life.

In a way, they give us the right to feel and experience our own truth. It takes a lot of courage to speak out loud what few dare to acknowledge even to themselves, especially when it goes against the grain.

However, no matter how skilled an author may be, they will never really be able to teach us anything new. This may seem surprising, I agree, since we are under the impression that the more we read, the more we know. However, in reality, as long as knowledge, or consciousness, is not born of itself, from within, through a maturity that has been developed with time and experience, it remains "borrowed" and hence empty of any real Power. We can use it on a mental and intellectual level, but the knowledge is not truly incarnated, and therefore it does not possess the "Fire of change" or the potential to bring any real transformation within us.

As you well know, we can describe the exquisite taste of a freshly picked strawberry using the most beautiful images and prose, we can even break it down to its every molecule, mapping out the organic chemistry on a chart to depict how the atoms are organized, but in no way will any of this rationalization allow you to experience and taste the strawberry for yourself. It will always remain a concept.

Knowledge, which is not to be confused with information, is something that goes beyond techniques and linear ideas that we can

access through books, online courses, or even via the narration of other people's experiences. It is a subtle energy, impalpable, yet very real. It is the Genius behind the phenomenal world; the why and how of things that the truly enlightened ones have always tried to realize for themselves.

Think about it. There are currently more books on the market (and being self-published) than ever before. Everyone is an expert in today's day and age. Spirituality, health, healing, and occultism are trendier and more accessible than ever, but has anything fundamentally changed in our world?

In reality, with each passing day, dis-ease and violence are growing in the hearts of people, while paradoxically, our modern-day rhetoric is more impressive than ever, speaking of love, understanding, and equality. It's not even surprising anymore to have a conversation while in line at the grocery store, about "living in the moment," or the importance of "self-love," but have we truly found these within ourselves, in the depths of our being?

In reality, all of this reading (or video watching) is only another form of social conditioning, a neuro-linguistic programming, if you prefer, using new ideas, beliefs and trendy ideologies to format our minds and rewire our nervous system. No matter how amazing these ideas and beliefs may be, or how hard we may try to live by them, they will always remain foreign to us. They were not born from within, as a result of our own soul searching.

In other words, for consciousness to truly emerge, we must be in the presence of a genuine and tangible problem and feel an honest yearning for resolution. Please note that this has nothing to do with emotions. It is much more profound, coming from a place of neutrality and complete transparency.

To understand and resolve the enigma of Life and Death, we must be confronted by it directly, through the intermediary of disease and suffering. Only this will give rise to real transformation, allowing for truth to emerge.

At the very onset of my own quest for answers, I came across many authors, from the present and past, who all possessed various levels of knowledge and experiences, and shared with honesty their research, realizations and visions. I drank their books like a dying

soldier in the scorching desert sun. I consumed and consumed, until one famed day, as I was speaking to my grandmother about the afterlife, she said: "*No one really knows what happens when we die,*" to which I whole-heartedly replied: "*That's not true, I know!*" As I started relating what I had internalized, I became distinctly aware that I didn't really know what I was talking about. I was simply repeating the words of another man, whom I believed knew the truth. Like any neophyte when joining a new group or movement, I was buying into everything I was reading, and believing it with all my heart, hoping to find some form of stability, and a sense of identity.

Yet despite all of my efforts, and the fact that this was in some ways a very enriching phase of my life, one that made me realize how much more existed out there in the world, and just how deep the rabbit hole could go, nothing really satisfied my curiosity nor quenched my thirst. Yes, my mind, intellect and imagination had their share of nourishment, however, in the depths of my being (and this despite the fact that at this same time I was even beginning to develop my own Vision of Life), a tremendous insecurity remained. I still didn't know the truth and I was unable to access a real sense of peace.

In other words, no matter how much I read, I still didn't really *innerstand*. I only had the impression to have acquired knowledge, which would eventually prove to be a barrier to actually discovering Reality for myself.

OUR RELATIONSHIP TO THE BODY

Ever since I was a young man, a bit like everyone else, I considered my body to be an "object," and I was totally identified to it. I didn't really know much about it, and more often than not, it embarrassed me, and made me feel uneasy and insecure. I judged it on a very superficial level, and it was for me the cause of a lot of pain, discomfort and suffering, or at least, that is what I believed at the time. Of course, there were moments of pure delight and ecstasy, but these were very short-lived and more often than not followed by sadness and a profound fear of loss.

I didn't like my body. It didn't look the way it "should." What's more, I couldn't distinguish myself from it. Everything was mixed up: sensations, emotions, thoughts, my own inner voice, the external world, my social conditioning. In fact, my body seemed to be the obstacle in the way of accessing pleasure and happiness. If it weren't for my body and its limitations, things would have been different, and I could have been the man "I" wanted to be, and thus live the life "I" dreamed of.

Essentially, I was becoming conscious that in order to have the experiences that "I" wished for, and to keep them, I always had to be somehow different from who I really was. I had to be more muscular, taller, stronger, more athletic; my hair had to be straighter. I needed to be faster, more agile. My nose had to be smaller and thinner, I had to be less hairy, and more intelligent, more extroverted and less profound, come from a different ethnical background, and so on. I made painstaking efforts to transform my body/myself and tried to hide the things that I considered undesirable.

By the time I was almost 20 years old, after devoting myself, body and soul, to bodybuilding for a few years, and obtaining the physique of "my dreams," I realized that in reality nothing had really changed in me. Deep inside I was still suffering, and life made absolutely no sense to me.

Even though my external appearance had completely changed, so much so that some women's jaws would literally drop open at the sight of my biceps, I realized that inside, I suffered from the same insecurities as before, except that now, there was a facade protecting me from the world. Behind the fortress of my confident appearance, I was in reality confused, worried, anxious, and unable to escape the violent sensations that were boiling inside of me.

When you have the body of a Greek god, people look at you differently. You are now on everyone's radar, for both men and women alike. People create an image around you, which is of course encouraged by your projections, but nobody really sees you for who you are. You feel even more lonely and isolated. On top of that, you have to invest every ounce of your energy to maintain the persona you've worked so hard to construct.

At this stage, I realized that my strategy to find peace had failed. Although I was now "The Big A," the cool guy that (some) women were attracted to, with big muscles and a sense of style, I began thinking to myself, "*What's the point? It's all a lie. Women don't really care about me. They see whatever they want to see. I have become a walking doll, nothing more. Sure, I get some props, and I look like one of these guys in the magazines, but it's all a sham! To be honest, I am more miserable than ever!*"

After this huge realization, I found myself lost in the middle of the world, with no sense of direction. What was I to do with my life? How was I to handle the discomfort and pain inside of me, which seemed only to increase and intensify with time? How was I going to survive in this crazy world?

Life of course was changing as I grew older; my group of friends was starting to split apart, each one of "the boys" going off in his own direction to "become somebody," or rather to find a way to survive in this world. As this was happening, I could no longer find refuge amongst them, the way I had during my teenage years.

Besides becoming a professional athlete, which was clearly not my destiny, I never had any worldly ambitions. I didn't fantasize about climbing the corporate ladder or getting rich on Wall Street, and I felt no attraction towards any profession. Nothing really interested me. To be an adult or a grown-up seemed void of meaning and didn't appeal to me in the least. It felt so empty.

On top of that, I had just broken up with a woman who, in my eyes, was the pinnacle of beauty, and with whom I experienced the most exquisite sexual pleasures, and the most intense emotions I had ever lived. In other words, there was nothing left to cling to, and nowhere to escape. What was I to do or become? Where was I to turn?

Religion, despite the fact that it really fascinated me in its essence, could not offer me a satisfactory refuge either. Essentially, I was alone in the valley of death, with no escape. Furthermore, at the time, I had never touched alcohol or taken drugs of any sort. I simply didn't believe in this avenue. So essentially, I was stuck and had to feel the intensity of my emotions and the increasing pressure of my frustration, which I had no way to express or channel. I was in a living hell!

The Inner Shaman

That same summer, I began noticing a new voice (or thought) deep within my psyche. "*How about marijuana? We have tried everything, but not that. There are no other options right now. We can't keep on going like this! Maybe this will help.*"

I was ready to try out something new, even if this novelty was what I considered to be the worst, most horrible and destructive thing on Earth. I would become a "drug user," a bum, a good-for-nothing, like TV and my parents had conditioned me to believe. But since I had nothing to lose, I told myself I had everything to gain.

A few weeks later, I smoked marijuana and drank alcohol for the first time. With alcohol, I finally understood how guys could "hook up" with girls in bars, entertaining empty conversations with perfect strangers. I had always wondered how adults managed to sleep with people they had only just met. It made no sense to me. I just couldn't understand it, until I discovered the magic of alcohol, and suddenly, I was illuminated!

As for marijuana, it was an initiatory experience that transformed my life forever. With time and experience, I discovered the power of medicinal plants and their subtle ways of working, depending on the temperament and inner receptivity of the person consuming them. I learnt that the plant is a living entity that possessed specific powers or properties. In the case of a sensitive individual, it could guide them through certain layers of their unconscious mind and serve as a mirror to show them truths that they refused to see.

Essentially, the plant is a teacher. It contains a natural wisdom, which can open the gates of perception for a neophyte in search of answers. And that is exactly what it brought into my life. First, it alleviated and numbed my pain, which gave me a much-needed break. For the first time since God knew when, I was no longer suffering, nor worried, nor filled with anxiety.

Second, it offered me a completely new perspective of life. Sometimes, when we are completely stuck and unable to resolve a situation, we cannot even imagine the possibility of becoming unstuck. The plant changed my perception, and it showed me that I could access other dimensions, if I wished it. In fact, it made me realize that I already

had access to them, but since I was so absorbed in my own suffering, I could no longer "recognize" them.

The medicine also stimulated my mind and intellect, awakened my senses and lightened the weight of my daily struggles. I wasn't worried about my appearance anymore or about what other people thought of me, and the pressure coming from my parents didn't concern me in the least. I could "hear" myself once again, better and more clearly than ever before.

In a way, the plant brought me back to childhood, to a time when I was worry free. I suddenly became aware or rather remembered that my main interest had always been to discover who I was, to understand Life, and to learn what was really happening in the world, and why. Now that I no longer had to think about all the trivialities of life, such as my future, women, money, muscles, university, etc., I could reconnect with that part of me that had been quiet for so long.

The plant seemed to possess a certain power, a capacity to guide me within myself, and to open doors that had been closed until then. While some of my friends became completely foolish under its influence, I was on a totally different "trip." Life revealed itself to me like never before. The plant was sharing with me sacred teachings, and for the first time in my life, I was consciously receiving a form of living knowledge that deeply nourished me. It felt as if the plant was literally unwinding my brain, and for a brief moment, I could see the light!

Unfortunately, or fortunately, after a couple of hours, its effects would disappear, and all my problems would come rushing back. Worse, the wisdom that I had accessed suddenly seemed so far away, as if a veil had been placed between me and it. This was a great source of frustration for me, because I found myself somehow becoming dependent on the plant to learn about myself and Life, when what I really wanted was to learn at every moment, not only when I was "high."

That's when a new question arose inside of me: "*How can we go on this inner journey, attain this state of clarity, connectivity and capacity to let go, without the need of any external substances? There must be a way! I never want to depend on anyone or anything other than myself!*"

THE SPIRITUAL MASTER

It was with this question pulsating through my being that Life guided me towards the next phase of my journey. With the intention of completing my studies in computer engineering (or so I thought), I applied and was admitted to a new university and left my hometown to pursue my studies.

Far from the influence of my family and friends, I was going to finally be, for the first time, on my own. I was going to have the chance to live the way I wanted to and have the solitude and space I deeply yearned for.

Throughout my "shamanic" journeys, one thing had become very clear: the solution to my problems were inside me. I had realized, in a very practical and experiential way, that my mind as well as its conditioning were at the source of my suffering. What I needed to do now was to fix myself, quite literally.

Even though I didn't know what meditation was really about, except for having heard about it from my father at the age of 14, I intuitively knew that it would be through this means that I'd gain access to the peace I was seeking. It was meditation that would allow me to dive into myself and heal from the inside out.

Through a series of circumstances, on December 1st, 1999, at the age of 21, I met the representative of the one that would become my spiritual master. After an exchange that lasted about an hour, she invited me to receive the initiation into this unique approach to Yoga. Feeling a little cornered yet curious, and having absolutely nothing to lose, I accepted her invitation.

To be initiated by a guru is not something to be taken lightly. It is an agreement or pact between two people that goes beyond time and space. What exactly is an initiation? I could write a whole book on the subject. Imagine for a moment that your nervous system is an antenna, able to receive and channel all the different Powers of Creation, but for whatever reason, certain "channels" are no longer available. The Teacher, through initiation, consciously gives you access to one or several specific vibrational frequencies and teaches you how to tune yourself to them daily, in order to benefit from and cultivate their attributes, and perhaps, eventually, to share them with others.

There are many kinds of initiations: some are first-degree initiations, and others are much more profound and demanding. But an initiation is an initiation, in the sense that it is a starting point. It plugs you into a power and a collective.

When we learn to drive for example, we are initiated into the "mysteries" of traffic laws. Suddenly, we become conscious of all the symbols that are on the road. We now understand their meaning and implications. The signs were always there, but since we weren't operating at that level, they did not appear to our consciousness. We were blind to them. Now, we know of their existence, and share this experience with all the other drivers on the road.

A student who joins a fraternity gets initiated. He gets accepted by the collective and automatically receives certain rights and privileges to which others do not have access. This comes of course with responsibilities and obligations that must be respected at all times. The initiation is the starting point of a great journey into the universe of that fraternity, and grants you access to the knowledge and expertise it has acquired over (sometimes) centuries, and even millennia. It literally ties and binds all the members under one intent, which is why they call each other "brother."

When a child is baptized by the Catholic church, he or she is in fact receiving an initiation into the Order. The priests hold a ceremony to impart what they call the "Holy Spirit." In fact, baptism is the first of three initiations (baptism, first communion and confirmation). We could discuss at great length the actual meaning of "Holy Spirit" and what it represents for the Catholic church, but no matter the nature of this Force, there is definitely a phenomenon happening during baptism which connects the initiated to a power, as well as to the Church and its 1.5 billion members throughout the world. This is why no one can be considered Catholic without being baptized, regardless of one's age.

We find this same phenomenon to varying degrees in countless other organized groups and orders, from a professional order, such as the order of engineers, to a wiccan order, or even when joining a corporate company. The only nuance that exists between these initiations is the power (as well as the intention) to which the individual is being connected. There is of course more to this, but this is a great place to start.

Meditation

The practice of Yoga to which I was initiated is very different from the conventional yoga that is found everywhere in North America and around the world today. Its focus was not on the body, or the breath, but rather on the conscious connection to the Power of Life that is at the source of the entire Creation.

Although my Master was born in India in the Sikh religion, his instructions were not specific to Sikhism, nor any other particular religious tradition. There was no need for me to leave my own religion, change my way of dressing, or leave my life as such. The only thing that really mattered in this practice was the daily connection to the Life Current via meditation, an easy and gentle practice accessible to all, regardless of age and physical condition.

The meditation was a revelation to me. Every day, as I had been taught, I would close my eyes for at least 3 hours, and tap into the Living Principle pulsating within. Although I didn't realize it yet at the time, a new Presence had awakened inside through the process of initiation. In a sweet and subtle way, this Force was attracting my attention, slowly but surely, from the outside world back towards myself.

For the first time in my life, I felt at home. This was what I was designed to do, and have, in my own deranged way, always been doing. When I was taking drugs or medicinal plants, I would close my eyes and use them to travel within. Everything else seemed so empty compared to what I could acquire in a few hours of meditating. If you have ever practiced one form of meditation or another, then I don't need to tell you how in the beginning, which for me lasted for a few years, there was quite a lot of noise going on in my head. There were so many thoughts, ideas, desires, fantasies, emotions, sensations, energies. An infinite universe was hidden under my eyes! There is nothing more fascinating in my opinion than to realize the depth of our own inner world and unconscious mind.

To the sincere practitioner, it becomes evident very quickly how vast the microcosm truly is, and how easy it is to get lost. That is why the initiation by a competent teacher is primordial on the inner journey. The initiation wakes up a very pure energetic current inside. This Force then becomes our guide. A stable and constant fulcrum that never fluctuates and that is beyond the influence of the mind,

and which guides our attention deeper and deeper within, towards the Self.

Through my practice, I encountered a process similar to the one I had experienced with marijuana and the other medicinal plants I had explored. An invisible wisdom guided me through the multidimensional layers of my mind and helped me to see clearly through all of my internal conflicts. I was finally discovering myself and learning to make peace with Life.

Although most of the time, there would be a storm of epic proportions raging inside of me, there were moments of grace, during which I would experience a silence and harmony like never before. The silence was so comforting that I could, for the first time in my life, really let go and rest. I was entirely reassured and appeased from the core of my being, without the need for anyone or anything from the outside. My mind didn't need to hold on to something to give me a false sense of control and safety. Although I still didn't have answers to most of my questions, something else deep inside *knew*, and it was growing in authority.

Without realizing it at the time, I had received an incredible gift from this Indian man, while not having paid a cent or even physically meeting him. He completely changed my life. In fact, he saved my life. Were it not for him "picking me up," I wouldn't be alive today. I was on a downward spiral heading towards my own demise, and I deeply knew that nothing of this world could save me. Only the Hand of God could reach me, and for whatever reason, He did, through this humble divine blessed man.

Chocolate

Once you have tasted high quality chocolate, you can no longer eat anything lesser. Cheap commercial chocolate loses its charm, you simply lose interest in it. In the same way, after tasting the nectar within, even if it was just a drop, I no longer wanted to go back to normal everyday life. *"Why would I ever make myself suffer in that way? For what reason? What could the world offer me, knowing that everything I had ever sought was now available through meditation?"*

However, I was still confronted with the fact that I needed to make a living. But how? I had no real interest in money and I refused to work for that sole purpose. I couldn't find any meaning in it. I had no professional interests. I didn't want to be a doctor, an engineer or a psychologist. I wasn't an artist and I had no desire to have a family, or even a career. I had no material ambition. My only desire was to deepen my Yoga and meditation practice, and to discover Life all the more.

In the light of what I was discovering inside myself and through the teachings of this lineage of Yogis and saints, nothing else made sense anymore. All I knew was that for the first time in years there was a glimmer of hope within my heart, and I wasn't going to let it die again, no matter what, even if that went against what others expected from me, no matter who it was.

The more I advanced on the spiritual path, the more there was an increasing distance that was being cemented between myself and the world, i.e. between my everyday life with my parents, friends, society, and my organic self. This split was causing me a lot of pain. I couldn't ignore it, although I tried. And at the same time, I was so thirsty for knowledge and tranquility, that I needed to distance myself from everybody for some time, in order to find myself and heal at a deep level. Just like a newborn, I needed to learn how to live in the world with this new Consciousness. But first, it required that I strengthen and develop myself internally, and mostly learn to understand how life in this world really works. It's truly a jungle out there.

Through all this positive development, new questions emerged within me: "*How to live on Earth as a human being? How could I align my spiritual life with my material life? How could I live a balanced life in an upside-down world? Was it even possible or did I need to isolate myself and live like a monk?*"

At the time, I was living in my parent's basement. They were helping me financially, although they didn't really understand what was going on with me. Because of their generosity, I could dedicate all of my time exclusively to my practice and studies, without having to compromise my integrity or waste time and energy on a job I didn't care for. Still, I knew that sooner or later, I would have to reintegrate the world and become financially independent. But how? What was I

to do? Working for work's sake made no sense. I couldn't simply dismiss the truths I was discovering only to receive a paycheck. In the depth of my heart, all I knew is that I wanted to help people. But how?

WAKING UP TO REALITY

It was at that point in time that the idea of studying nursing sciences came to me. "*What a great idea!*" I thought during my morning meditation. A lot of people think that meditating is about finding silence, without realizing that it is during meditation that the best ideas come to life. If ever you are short of ideas or lacking inspiration, close your eyes for a few minutes, just enough time to calm the nervous system, and see what comes to the surface. You'd be surprised!

As I was reflecting, I realized: "*The work of a nurse is human and real. I will have the chance to help people, be with them during difficult times, support their families, and at the same time I'll learn about health, disease and the human body (or so I thought). I could be useful! In that way, I will be able to align my spiritual life with my desire to help others, while engaging with society. What a brilliant idea!*"

At the time, the human body was really far from my reality. Sounds funny to say. I was flying high on metaphysics and occult mysticism, meditating four to six hours every day. To my credit, I was a vegetarian, or in other words, eating "light," and avoiding processed food, as well as exploring the restorative power of fasting, but besides this nutrition and cleansing regimen, the body's health and inner functioning was not at all on my radar.

That same summer, after completing my first semester in Nursing Science at the local university, I was hired as a nurse's aide (NA), which made it possible for me, like I was saying earlier, to discover in depth planet "Hospital."

The NA takes care of all the patient's basic needs: giving them food, helping them to the bathroom, mobilizing them in their bed or chair to avoid bed bruises, helping them to walk, bathing them, etc. He/she is essentially the right hand of the patient.

The nurses, on the other hand, take care of the patient by administering medication, measuring vital signs, checking on the evolution

of treatments, collaborating with doctors, changing the patient's bandages, etc., and they can also help the NA when necessary.

My stay on planet "Hospital" stirred up something in the depths of my being, and it is really from that point on that my quest really began, or at least on a more human, down-to-earth, level. Before that, I was "flying around," and the world and its problems were very far from me.

Up until then, I had been looking for answers, but my questions weren't all that clearly formulated inside myself. I felt a profound discomfort towards everyday life, the world in which we live, and the way in which people were living their lives, but I couldn't exactly point out what was wrong.

My experience working at the hospital turned on a light. Things started to become clear. The spiritual teachings that had been sustaining me for a few years were suddenly taking on a totally new meaning. What they were conveying was real and concrete, and I was witnessing it firsthand. I felt like a newborn who was using his eyes for the first time and finally distinguishing the forms in front of him.

The absurdity of everyday life and society became very apparent. I could see directly the consequences of our modern way of living. I had always known this to some degree, but now, I could see what was really happening under the veil of illusion and media propaganda, while at the same time developing, through my reading, the necessary vocabulary to describe my experiences.

It didn't take long before I realized that the medical world was not my place. It was obvious that I wouldn't be able to bring any real change within that universe. There was something about their approach to health and life that was fundamentally opposite of everything I was realizing. For whatever reason, they were going against the laws of Nature, while I was learning to tune myself to her current.

That's when my journey into alternative medicine began. Realizing that traditional medicine wasn't offering any real, global solution, and that there was no place for true evolution, I made the decision to withdraw myself and continue on my path. Once again, through a series of circumstances, while making a few pit-stops along the way, I found my way to planet "Osteopathy."

PLANET "OSTEOPATHY"

My visit to planet "Osteopathy" was a turning point in my life. I can honestly say that osteopathy changed my life. Not because I discovered a profession that I liked, but because of everything I learned about the human body.

When people who are familiar with osteopathy meet an osteopath in person (I am not speaking of the American grade osteopath, who is in reality a medical doctor who has taken a few classes in manual touch, but the traditional or "European" osteopath, who has mastered manual therapy) they are in most cases impressed, even sometimes charmed, a little like when you meet a doctor, an actress or an expert in another field that you respect or admire. Osteopaths can work wonders with their hands, and some develop their touch to such an extent that they can even tell you what position you were in while still in the womb of your mother, and the emotions that she was experiencing while pregnant with you. What I am trying to convey here is that there is a vast curriculum of knowledge one must acquire in order to become a competent osteopath and people in general are very impressed by their know-how.

That being said, I want to tell you a secret. You may not believe me at first, but truth be told: I learned everything about osteopathy in less than one day at school.

You are probably wondering how this could be! How could I have learned everything about the human body in less than a day! All the anatomy, physiology, embryology, biomechanics, pathology and manipulation techniques that usually take years to learn. It's impossible! To that I have to answer: "*Yes, it's impossible, you are absolutely right.*"

But in reality, osteopathy, although it advocates "anatomy, anatomy, and more anatomy," has nothing to do with any of that! But before going any further, let's go back a little, for the sake of putting things into context.

Life is brilliantly designed! Although I had been devoting myself daily to my meditation practice for a few years now, I was realizing that something was blocking me from advancing further. I felt I had reached a plateau of sorts, and I could no longer go any deeper unless I changed something in my approach.

At the same time, my Spiritual Master was touring North America, and he came to visit my city. In one of my meetings with him, he fixed me with his gaze and told me out of nowhere: *"You need to take care of your body!"*

"Take care of my body!" Of all the things he could have told me, that is what he chose to say. I didn't understand! It seemed to me that the spiritual path was about the soul, spirit, energy, consciousness, and the goal of the practice was to elevate myself above the body. Yet now he was telling me to take care of my body? I was already following a vegetarian diet. I did juice cleansing and fasting. I jogged 3 times per week. What did he mean?

A few weeks after this unprecedented encounter, I left for a meditation retreat in an ashram (a center for spiritual studies) in the United States, where people from all around the world gathered. The Master was also going to be in attendance, making the entire event all the more potent.

One beautiful evening, a lady of about 50 years of age, full of energy, with short grey hair, whom I had never met, came towards me, a little like an older sister would, and blurted out: *"Listen... you're a mess! What have you been doing?"*

"Euh... Hello! Ok..."

"Listen, I am a therapist, medium, and a healer, and I am telling you that whatever you're doing doesn't work. You have to look after yourself."

"What is she even talking about?" I thought to myself. *"Madam,"* I told her proudly, *"I meditate at least 8 hours per day, I work hard, I eat well, I'm doing quite well..."*

"Your body is completely messed up. Look at your feet. Oh my God... your heart is completely stuck. Your brain is frozen. Oh my God, this is absolutely unacceptable!"

You can imagine how surprised I was. My feet were a bit flat-footed, but so what... I was in good shape. I looked good. My heart, my brain... What was she talking about?

"So, what do I need to do? I don't understand," I asked, perplexed.

"What do you mean you don't understand?" she replied. *"You need to take care of your body! You need to learn!"*

"Anyway, I need to get ready for the evening meditation," she continued. *"Have a good night!"* And just as quickly as she had appeared, she disappeared.

When someone speaks the truth, there is always something special in the back of their voice, a certain vibration, beyond their words or tone, something that touches us directly in our heart. Even if we resist, even if we refuse what is said with educated arguments, even if we pretend we didn't hear anything, truth will always win, sooner or later, because it doesn't operate at the level of the mind or the intellect.

Although I didn't consciously understand what she was trying to communicate to me, a part very deep inside of me understood 100%. Just like my Master had attempted previously with his comment, this lady was trying to bring my attention down to earth, to get me to start dealing with the material world, like a grown man. In essence asking me to realize that I have a body, that it is my vehicle in this world, and to realize that I've been mistreating it, while thinking that this was the path to "enlightenment."

A few months later, I found myself once again in school, this time studying in osteopathy. I had been in Nepal at the time, completing a Hatha Yoga teacher training in the tradition of Swami Satyananda Saraswati, when it became clear to me that I had to go back to university to complete a formal education and study the human body "in depth." I applied last minute to the College and was accepted, and in less than one week, I said farewell to my Swedish girlfriend and was on a flight back to Canada, where I arrived just in time for the first day of class.

The First Day at Osteopathy School

On that illustrious first day in osteopathy school, when *"I learned everything,"* we met the founder of the School, a pioneer in field, who took the floor first: *"Osteopathy is Life!"* he said. And for the next two hours, an avalanche of words, expressions and concepts came out of his mouth at an astonishing speed.

"He talks really fast," I thought. *"He looks like a crazy scientist, a bit like Dr. Brown in the movie Back to the Future."*

Ironically, he seemed completely unconcerned with the fact that we were absolute newbies, and that everything he was sharing made almost no sense to us. It was all so new and fresh, and we had very few points of reference.

He talked with such enthusiasm and passion that it was impossible not to be impressed by his character. I could see that he wanted to convey something essential to us, but it wasn't coming through very clearly. What was he trying to say?

He was talking of everything and nothing, and at the same time, hidden underneath his words, something very unique was passing through, something I had never encountered in anyone before, at least not like this. What he was trying to communicate was, in fact, the very reason why Life had brought me to osteopathy. A very basic lesson that I would come to learn, concretely, directly, and that would forever change my perception of the human body, nature, spirituality, life, and most importantly, of my own self. A lesson that, in my opinion, must be learnt by every human being on this Earth if we hope to one day live in peace.

Towards the end of the day, after his talk on the principles of osteopathy, which I will elaborate on in chapter 2, we were guided through our first palpation exercise by one of the main school professors who was just as impressive as the founder. The exercise was very simple. We simply had to place our right hand on the left and listen!

"*Listen to my hand with my other hand... what is she even talking about?*" She was asking us to feel the primary respiratory movement of contraction and expansion, which expresses itself through all healthy tissues.

"*How are we supposed to listen with our hands?*" I thought. "*And why would I even want to do that? How did that have anything to do with the soul, spirituality, Yoga, etc.? Had I made the wrong choice once again?*"

After a few minutes of "listening," the professor and her assistants started to move up and down the rows, asking the neophytes to share their experiences. A buzzing sound built up in the vast auditorium.

Experiences varied from one person to the other. Some people perceived the temperature of the skin, others more subtle motions, and others absolutely nothing. I was amongst the ones that were completely confused. I didn't even know what was happening anymore. I felt everything and nothing at the same time. I was integrating so much data, all at the same time, that I wasn't even available to do this small exercise calmly and precisely.

Sensing my confusion, the teacher came to see me and placed her hand over mine. It was a little strange, I must admit. After a moment of adaptation, I allowed myself to relax and to participate in her game.

Her presence helped me ground myself in my body. The gentleness and lightness of her touch surprised me. There was no effort in her gesture, whereas I was *trying* to listen. And suddenly, under her guidance, I was able to discern the different levels of sensations. Everything became clear.

It is a bit like when you develop an ear for music. At first, there is one main sound, in which everything else is mixed up. With a little more experience and careful listening, you begin to become aware of the subtleties of the different instruments, the way the sounds marry and dance together, the movement of life, and the intention that directs the music. What we suddenly perceive has always been there, but we simply weren't paying attention. It's exactly the same thing with palpation. The professor's touch helped to guide my awareness towards specific movements to which I wasn't paying any attention just a few moments ago. With her calm and presence, the sensations amplified, until suddenly: *"Eureka...!"*

"It's Alive...!"

"*My body is alive, like a cat, or a dog. It's alive!"* I told her with a huge smile on my face that spanned from ear to ear.

For some people, it may seem very obvious, but for me, it was an initiatory revelation that transformed my vision of the human body forever.

Everybody knows that the human body is alive, but do they really know it? They may know it intellectually, maybe even philosophically, but do they really feel life circulating, animating and guiding their body on a cellular level? Are they in relationship with their bodies, just as we can be with a dog or a cat? Do they have an actual dialogue with it? Do they even know its subtle language? Can they speak "body"?

I have been teaching Yoga for many years now and I've come to realize that even skilled dancers, athletes, movers and yogis, who are known for having great body awareness, don't necessarily feel their bodies, nor have an actual relationship with it. In a way, yes, they do; however, in most cases, it is a very superficial connection, not a nurturing and profound one. Paradoxical, isn't it? In fact, if they really were in actual contact with their bodies, they would never push themselves to perform the way they do presently.

This was, I suddenly realized, the essence of what the master osteopath was trying to communicate through his sophisticated words. The body is alive! It is gentle, vulnerable, and yet so strong and powerful. It is a living organism that needs to be loved, and respected. It breathes, moves and has its own intelligence.

Even though most students perceived something during the exercise, they didn't seem as wonderstruck as I was. They were happy to feel a movement and fascinated by the entire experience, but the EUREKA that I had just lived seemed to belong to only me.

THE DISSOLUTION

In the light of this new realization, my entire universe, that is to say my mental conceptions of life, spirituality, Yoga, health and my own self, began to crumble and dissolve. For almost 5 years I had been living like a monk, isolated from the world, meditating and reading. Without realizing it, I had created my own artificial universe based on my interpretations of the teachings that I had received, sprinkled with, of course, some of my own personal realizations.

I wasn't yet fully aware that my so-called spiritual quest was in fact a desire to escape the world and this reality. The physical body for me equated suffering, and I didn't want to suffer again, or have to deal with the intensity of the sensations, emotions and desires that lived inside of me. I wanted peace and I simply didn't see how it could be achieved while living here, in "hell."

The process of dissolution, or rather coming down, lasted months, maybe even a couple years, before really calming down. Needless to say, it was a very intense experience for me, and at times quite violent, during which I found myself more alone than ever.

When we are attached to ideologies, we are accompanied by beliefs, as well as other people that share our convictions. When these ideas break down, we are again alone with our own self. There is nothing to hold onto. It is at that time that we have the unique opportunity to really discover who we are, as human beings, in all our power and vulnerability.

Until then, meditation had been a vast ocean of sensations and indescribable experiences. I had no idea what was really happening. I had no real point of reference, except my beliefs and the words of my Master. Yes, I had a sense, but it wasn't yet scientific or concrete. But now, with this new key, something happened in me, and more than 5 years of experience and intensive practice integrated inside of me, in a single instant.

I was realizing that there was the body, and there was me, the one living in the body. The body was a biological covering, with moods, a personality and tendencies. In the same way that a horse or lion is unique, the body, as a living organism, is just as alive and unique. And this had nothing to do with me, per se. I was simply identified with the waves and motions.

Even though the jockey wants to go fast, he has to respect the rhythm, the strength and the limits of his horse. They need to learn to work in harmony, and not against one another. In the same way, the human body has its own natural inclinations, and we, the drivers, must learn to harmonize ourselves with this primal reality if we sincerely wish to experience peace and contentment while living in the physical plane.

Our body must become our ally, our sanctuary, our Temple and our living Library.

CHAPTER

2

[The Human Body and the Laws of Nature]

ANDREW TAYLOR STILL AND THE FOUNDATION OF OSTEOPATHY

Nearly two hundred years ago, Andrew Taylor Still, a surgeon from Missouri in the United States, witnessed the brutal death of his wife and three children, due to meningitis. Through this unimaginable ordeal, he realized the depths of his own powerlessness as well as the inefficiency of orthodox medicine in the face of disease and epidemics.

As a result, he decided to devote himself body, mind and soul to the creation of a new therapeutic system that would be able to actually heal the sick and reduce their suffering.

After more than a dozen years of intensive research and experimentation, on June 22, 1874, A.T. Still presented the philosophy and methodology behind his science, which he called Osteopathy.

According to him, and as the name of his system clearly indicates (osteo = bone, pathy = suffering), suffering and disease are due to the misalignment of the bone structure. Bones are in reality the frame of the body, its foundation to which all the tissues are attached. Through it pass a multitude of arteries, veins and nerves, which collectively ensure the survival of every cell. When bones are out of alignment, they compress these same arteries, veins and nerves, cutting optimal circulation, causing various kinds of symptoms over time.

Trying to explain the historical background of osteopathy, Still once declared: "*Give me the age of God and I will give you the age of osteopathy. It is the law of mind, matter and motion... Either God is God or He is not. Osteopathy is God's law, and whomever can improve God's law is superior to God himself. Osteopathy opens your eyes to see and see clearly. It covers all phases of disease and is the law that keeps Life in motion.*" (History of Osteopathy, by E. R. Booth, D.O.).

After his death, his philosophy was eventually reformulated by a group of fellow osteopaths into four simple, precise and applicable principles. The role of an osteopath is therefore to ensure that the optimal conditions for health are always present within the human body.

"*When all parts of the human body are aligned, it is healthy. When they are not, there is dis-ease. The work of the osteopath is to re-establish a normal*

situation within the organism, starting from an abnormal situation. The result is health." (Osteopathy Research and Practice, 1910, Andrew Taylor Still).

The four principles, discussed below, explain the internal functioning of the human body, the development of dis-ease and the method through which we can heal the body. They are founded on a clear vision of biomechanics and anatomy, and are irrefutable when we consider them with attention and respect. If you take the time to really understand them, you will realize how much our modern vision of disease is irrational and devoid of any sense.

But before going into more detail about the principles of osteopathy, we need to better understand A.T. Still's vision of Life and Nature, since this is the heart and essence of his approach.

A Matter of Paradigms

A.T. Still was a very pious man. We find throughout his writings various accounts of his spiritual inclinations. Essentially, he believed in a supreme power that he called God, and that the human body as well as Nature were the expression of this perfect and infinite power. In other words, according to him, the human body is flawless, and whenever it is suffering, it is not because of a manufacturing defect or an error made by Nature, but because a certain law of Nature has been transgressed, and that the lifestyle of the patient did not respect the user's manual.

Still very clearly explained: "*When a Man violates the laws of nature, when he is under-fed, or over-fed, perturbed by mental problems, or suffers from structural dis-alignment that creates pressure on the arteries and nerves, cutting off circulation, it is obvious that this person will suffer from one, or even a dozen dis-eases.*" (Andrew Taylor Still: Being a Little Journey to the Home of the Founder of Osteopathy by Elbert Hubbard).

In my opinion, the real difference between conventional medicine and osteopathy, in its purest form, lies at the level of their vision of the human body and Nature.

Osteopathy, in its essence, as taught by A.T. Still, recognizes the body as an expression of Divine Intelligence, and it is therefore by definition perfect and never makes any mistakes.

Traditional medicine and modern science, on the other hand, deny or ignore the existence of this Infinite Power. Even though we are bathing in it, like fish in the sea, according to them, it doesn't exist because it cannot be proven with their scientific tools. To resolve their conundrum, they chose to simply dismiss Divinity from their field of Awareness, thus giving birth to a lawless and dangerous world where anything can happen at any time for no apparent reason. In other words, a Universe without causality, where chaos is always on the edge of taking over.

In their reality, Nature is treacherous and unpredictable, and the human body can and will make errors, and must be supervised, controlled and manipulated to keep us "safe." At any given moment in time, our very own body may turn against us, like a savage beast, unless we keep it under constant and vigilant check. This is the logical conclusion to their belief system, which when considered with basic common sense is the epitome of madness.

This fundamental paradigm or vision of life is at the basis of our entire civilization. It is imperative to realize this! All of our modern Sciences stem from this foundational belief. In fact, this anti-life paradigm is so deeply anchored in us and in all strands of society that we no longer even notice it. Yet it controls the world we live in, our minds, and consequently, our lives.

You may be asking yourself, "*Why would anyone believe that nature and the human body are man's enemies?*" The answer is quite simple, yet at the same time very profound! Since modern man doesn't recognize the perfection and divinity of Nature and transgresses its governing laws as he sees fit, he is then subjected to the reactions of his unconscious actions. When these reactions manifest, or in other words when he finds himself suffering, he cannot understand why Nature is behaving the way it does and automatically feels like the victim of injustice, which justifies even further the need to take control. Of course, Science, as it always does, will create an entire "theory" around its ignorance of the essential laws of Nature in order to explain what is happening. However, the truth will remain concealed from the profane, and the actual cause of the suffering will never be remedied. Only the surface symptoms will be addressed.

Since the "experts" will never truly explain what is going on and will continue to propagate their false teachings, the common person will live more and more in fear, reaching the point where he or she is so confused and out of touch with reality that even the most basic aspects of life, such as eating and breathing will be a source of misunderstanding and debate.

It is from this vicious circle of ignorance that the mentality of victimization is born, which is so predominant in our society today.

But in reality, in Nature and in Life, victims do not exist. Neither do aggressors. There are laws that govern our world. When we respect them, we live in peace. When we break them, we suffer. It is as simple as that! Those who break the laws unconsciously are not prey to aggression. They're simply ignorant. If instead of educating them to see clearly, we encourage them to play the role of victims, they will have lost the opportunity to grow in consciousness and thus adjust their behavior. In fact, they will become even more frightened, which will push them to transgress the same laws even further and seek refuge in the sciences of materialism, which promise security and safety, in return of course for their total and complete obedience.

As far as modern medicine is concerned, it's quite simple: all the reactions of Nature or the body are considered "bad." The body should be like a robot. A machine that does not react and simply executes the tasks that are asked of it. In other words: a compliant slave.

Here are a few examples to better illustrate what I mean. Of course, doctors will have a perfect explanation to justify their actions, one that is of course anchored in their paradigm and that makes sense from their point of view.

If the body suffers from diarrhea, we must immediately stop it. If the body wants to vomit, we must prevent it. If a shoulder suffers from inflammation, we must eliminate the swelling. If there is any pain whatsoever, we must contain it. If there is an imbalance in the body, we must rebalance it. If a woman cannot get pregnant, we can artificially inseminate her. If the hormone levels are out of whack, we must intervene. But never, not even for a second, does anyone stop to ask the questions: What is going on? Why is it this way? What is really pushing the body to react or behave in such a way?

Faced with the reality of disease, our society invests billions of dollars in extravagant research in order to find a cure to solve humanity's suffering. However, when we look at these studies a little more closely, we quickly realize that the researchers haven't in any way actually answered the fundamental questions that they were seeking to resolve in the first place, like for example, "What causes cancer?"

According to their studies, the cause of the disease is the disease itself, which is absolutely illogical. Cancer is defined as the uncontrollable reproduction of abnormal cells within the body. It is generated by a genetic mutation happening with the cells, which forces them to reproduce pathologically. This "growth" can develop uncontrollably and at times, invade the entire body. In other circumstances, it can create a benign tumor and simply cease to evolve.

As you can see, there is no actual explanation of the actual cause of cancer, or to say it another way, to understand the "why." Why is the body doing this in the first place? All we get is an explanation of "how " it happens. Instead of helping us understand the reason behind the body's behavior, they offer us an impressive microscopic vision of the situation, which, according to them, explains what generates the disease. But in reality, they haven't told us anything. They simply looked at the symptom from a molecular point of view, rather than a systemic one. The phenomena I am explaining to you here is found in every aspect of their diagnostic protocol. We never actually find answers to the why or the cause of disease. What we get is simply a deeper look into the condition.

According to their standpoint, the body literally turns against us in order to destroy us. That is the unspoken reason behind every disease. They don't see and are not the least bit interested in the genius of Life that is hidden behind all phenomena. How can they? They consciously or unconsciously believe that Nature is their enemy and that God, or perfect Divine Order, doesn't exist. That is the foundation of their science/religion: God is dead, or in fact, never existed, which essentially makes them completely blind to the very essence of Life. What a paradox!

When we treat the human body with reverence, we automatically see the perfection of Life everywhere around and within us. There are absolutely no mistakes in Nature. In the absence of this vital truth,

it is impossible to pierce through the veil of symptoms, and genuinely guide anyone towards healing and peace. Fear becomes the supreme modus-operandi ruling our lives.

It is with this in mind that A.T. Still developed osteopathy. He wanted to establish a model that would place the Infinite Intelligence that governs the human body and Nature at its center and learn how to work in cooperation with it in order to efficiently relieve the sick from their suffering.

The Religion of the 21st Century

Human beings have the fundamental need to believe in something greater than themselves. We can say that it is part of their nature. Science, by denying and even ridiculing everything related to spirituality, has quietly weaved its way to the center of our lives, slowly but surely replacing the religions of the past.

Of course, "She" (meaning science) uses a different vocabulary and assures us that her account of reality is based on proven facts and rigorous research. But in reality, it is just another form of control and ideology that people get attached to, in order to feel some sense of security when faced with the infinity of Life.

As you know, in this day and age, to talk about "God" in our North American and European societies has become taboo. It is a bothersome subject that awakens a lot of discomfort. We don't really know how to position ourselves towards "Him." On the one hand, we all instinctively know that there is a Power at the base of all Life, and on the other hand, religion with all its dogma and oppressing concepts appalls us at the deepest core of our being.

It is important to understand that religion does not have a monopoly on spirituality and the Divine. The religions of this world are organizations, like Apple or Walmart. They've always had a political agenda: to condition the people and guide them in a certain direction. On the other hand, the Divine belongs to the realms of Nature and Life. It is our real essence, and has nothing to do with stories about saviors, prophets and holy wars. Spirituality, in the true sense of the word, is the methodical study of Life. It is an exact science, which is experienced directly in the laboratory of the human body. It proposes

fundamental hypotheses that are, through experimentation, proven or refuted.

Science, as mentioned earlier, denies the existence of the soul, or a power called God, because it cannot prove its existence with the limited tools that it possesses. And despite our common sense, almost everyone falls for this nonsensical trap, without even questioning it for a moment. But spirituality by definition is not material. How could you measure it with tools that measure physical and material phenomena?

And here is the catch. You don't need any machines to prove the existence of God, or a superior power. **Self-evident truth needs to proof.** All you have to do is observe the world around you, innocently like a child, and it becomes obvious that Nature is absolutely perfect, and that there must be a Power that is beyond it, that has created it and that is just as perfect and supreme.

That being said, how can we truly study the human body and health if we neglect the very essence of Life? It doesn't make any sense! Yet this is what modern science proposes, and we have foolishly followed its lead, which is why we live at the surface of life, constantly feeling inadequate and profoundly unsatisfied, permanently seeking for something we can never find, no matter where we look or which mountain top we climb.

Getting to the Heart of Osteopathy

It is therefore with reverence, respect and much humility that A.T. Still dove into the study of the human body. After realizing that the classical medical approach was inefficient, even at times dangerous, he understood that he needed to go back to Nature in order to find a solution to the dis-ease and suffering of humankind.

At the essence of osteopathy is the vision of the human body as being divinely created and perfect. According to this science, all forms of dis-ease or suffering are caused by an imbalance in the body. In other words, the aches and so-called pathologies are in reality nothing but symptoms or the consequences of an internal dis-alignment accumulated over time.

Through his writings, A.T. Still shares with us his observations and realizations about the human body, in a very simple way. By reading them attentively, we can extract four fundamental principles. Anyone that takes the time to really study and observe the human body will inevitably come to the same conclusions.

Here then are the four principles of Osteopathy:

1ST PRINCIPLE: THE ROLE OF THE ARTERY IS ABSOLUTE

According to certain authorities, the human body is made of an astonishing 75 trillion cells! That is 75 followed by twelve zeros: 75,000,000,000,000... Each one of these cells is a conscious living entity, and just like you, each one of them has needs.

The basic needs of every human being, and consequently, every living cell, in order to thrive are simple: to breathe, eat, drink, eliminate, rest, work (or have a purpose), connect with others, and of course reproduce.

There is however a huge difference between human beings and cells. If I'm hungry, for example, I can go and get something to eat. I can create an action in order to get what I want. Individual cells however are "stuck" and cannot satisfy their personal needs independently.

However, when they unite to essentially become "you," they can work in synergy and thus provide for their individual requirements.

The idiom "*One for all and all for one*!" perfectly expounds the core philosophy of the cells and the human body. In fact, the entire natural world and even creation itself works according to this essential principle.

For this statement to hold true however, there is an important nuance we must consider. Each cell must consider itself first and make sure that it is functioning optimally. Only when it is in its full power can it then be of service to others! In other words, without the Self, nothing is really possible.

From this basic understanding, we can extrapolate further and say that the human body, as a cellular society follows a socio-political

system based on the individual (capitalism), while at the same time seeking to empower the collective (socialism). The human body presents a natural and functional management model that harmoniously unifies the self and the whole, which are in reality inseparable. It is only when the self is strong that the collective can also grow in potency. Without strong individuality, you cannot build a strong community; in fact, the purpose of strong individuality is to build a strong nation. To focus on only one aspect of the equation leads to imbalance, which consequently leads to dis-ease.

That being said, how does the Great Cosmic Engineer ensure that each individual cell is properly nourished and provided for?

The human body comprises multiple parallel systems with the function to supply the cells with everything they need in order to survive. In today's pop culture, we're accustomed to hearing the names of these systems but, more often than not, we don't really understand what they really do and how they actually work for us, practically.

The Arteries

Aorta, arteries, arterioles, and capillaries are the names given to the varying sized tubes (here in descending order of diameter), whose function is to transport freshly oxygenated blood towards the cells of the body. Blood flows from the biggest arteries to the smaller ones, allowing the distribution of oxygen and nutrients to the individual cells through their thin membranes.

To put you in context regarding the actual size of these "arteries," the abdominal aorta, which provides blood to the entire lower body, has a diameter of approximately 2 cm in adults. This is more or less the same size caliber as that of a garden hose that you find in most households. Some capillaries, on the other hand, are so small that they are invisible to the naked eye.

Blood is the sap of life in the human body. It is responsible for providing cells with oxygen thanks to the red blood cells and their hemoglobin, which you've most likely heard of before. It is also through the blood that various elements derived from digestion, such as calcium, magnesium, glucose, and even proteins, get delivered to the cell.

Of course, blood transports a lot of other elements that are necessary to the biochemical balance and survival of the body and its cells, like for example, the white blood cells, hormones and platelets that enable coagulation, and of course, water to hydrate the entire body.

If we compare the body to a gigantic factory with its various departments, we must be able to go from one end to the other in order to distribute different materials and resources so that it can function properly. Essentially, the arterial system is exactly this internal transportation system.

Now let's come back to the first principle, which states that the role of the artery is absolute. What does that really mean?

Whenever there is an obstruction at the arterial level, the blood circulation will be affected, which as a consequence will create a shortage of oxygen, nutrients and other essential elements at the level of the individual cells. In other words, the moment the artery or the distribution channel is affected, the cells start to suffer.

Living Lego

If you wish to bake a cake, or build anything for that matter, there are two main elements required. First, you have to have the energy to actually make it. And second, you must have the necessary ingredients to create it.

In the same way, we can compare each individual cell of the body to a micro-factory commissioned to create one or more very specific products, in service of the whole. To do so, the cells must be healthy and full of energy, or else it will be nearly impossible for them to produce a high-quality result. They will also require the best ingredients in order to actually create their "cakes."

In order to help you to better visualize the internal physiological functioning of the body, I invite you to imagine a LEGO universe. In this world, there are millions of different blocks that unite together to create castles, houses, roads, malls, factories, trees, playgrounds, etc. When taking a closer look however, we realize that in reality, there are only about a hundred different blocks, or units, that are duplicated and combined in nearly infinite ways.

The realm of Nature functions exactly in the same way. It is composed of various building blocks. Do you remember that famed periodic table you once had to study and memorize in chemistry class? That table represents the different Lego pieces (which vary in size and build) at the basis of the material and natural world. Essentially, everything is made from those basic components.

Now imagine for a moment the number of elements that exist on Earth, all simultaneously dancing with one another, uniting and separating, through the infinity of time. The number of them in circulation, as well as the amount of combinations they can form, via an endless process of birth and death, is almost impossible to fathom. It's infinite.

This boundless sea of elements is not, contrary to what some nihilists may preach, the result of chance or chaos. Quite the contrary, it is by design. How can an infinite number of possibilities organize itself so perfectly, by coincidence? The probability of this happening is nil.

When we observe Nature and Life around us with loving attention, we quickly realize that there is a perfect coherence between all the elements or blocks. There is no chaos, and nothing happens by chance. There is a Supreme Intelligence that supervises the Whole. It is this Intelligence or Force of cohesion that we commonly call God.

If we bring it back to the human body now, we can better understand the true purpose of eating and breathing. It is through the complex process of digestion and assimilation that our cells gain access to the necessary building blocks to repair, maintain and produce what is required in order to ensure their optimal functioning. And of course, these foundational blocks are transported throughout the body via the bloodstream and its various artery complexes. As you can now start to better fathom, if these "tubes" are in any way disturbed, the cells will also be proportionally affected.

There Is Only Room for Perfection

I'd like you to do a quick online search for "*Atlas of Real Human Anatomy.*" Do not be intimidated by the images and take a moment to simply see what's there. What do you notice?

There are many components in the body, aren't there? What's more, there is no empty space. Everything is filled with different kinds

of tissues. Everything is interconnected in one way or another. Now look for the blood vessels. Can you see how they are intimately linked to so many tissues around them? Do you notice all the other structures that are literally glued to them? You can imagine how easy it would be for these blood vessels to be squeezed or affected in some way.

You may also notice that in any given area, the body, like an onion, is comprised of so many different layers, sitting on top of one another. The key to health and vitality is that these layers of tissues slide against one another smoothly at all times. In order to function efficiently, they must be free of tension, for tension, as you know, affects the size and constitution of tissues, causing them to act differently than originally designed.

Keeping the sliding surfaces in mind, it is interesting to note that when the body tenses up, or when there is an injury or a tear, this creates adherences, which in turn will generate friction between the different layers. In other words, the body slowly loses mobility, followed by movement restrictions and loss of functionality.

What I'm trying to illustrate through the previous examples is the complexity of the human body. Complex doesn't mean complicated, like the study of pathology can be, but rather that there are many different variables interacting with one another. But above all, what I'm really trying to share is that **there is no space for tension**.

Tensions modify form. When a tension is maintained for a long time, it slows down the circulation of the liquids and begins affecting the surrounding tissues, which generates further misalignment.

The kidney for example is a factory that produces hormones, amongst other things, and fulfills physiological functions that are necessary for survival. When a tension plagues the kidney, it is literally affecting its performance. In other words, tensions add something within a space that wasn't conceived to accommodate any "extra passengers." It changes the body's form and functionality.

Tensions are supposed to be short-lived, never accumulated. The accumulation of tension affects the entire body, from the inside out, from its anatomy to its physiology.

Being that there is no room in the body except for perfection, the moment any stress enters into the tissues, it immediately has an effect on the circulation of liquids, or in other words, on the arteries, which

means that the blood distribution channels will be compromised and obstructed to varying degrees.

To Sum It All Up

The blood passes through different tubes of varying sizes, providing the cells of the body with everything they need in order to live and flourish. Since there is no vacant space, unless such a space has been designed in order to allow for a specific action, as soon as a tension alters a part of the body, all the tissues in that particular area are affected. This stress will also eventually impact other nearby regions. The effect of the tension will compress or obstruct the arteries, even if only minimally, and each individual cell will feel the impact and slowly cease functioning at its optimal level, since it will be receiving less nourishment.

In a rather simplistic way, we can say that when the artery functions at 100% of its capacity, the cell functions at 100% of its capacity. When the artery is partially obstructed and functions at 87%, the cells function at 87%. If the artery functions at 64%, the cell only receives 64% of what it needs, and so on.

Essentially, if the cell does not receive 100% of the materials it needs to live, it will automatically begin to suffer. In other words, it's going to slow down and inevitably begin to die. Death does not happen in a single instant. First life is cut off, and then slowly but surely the tissues begin to rot. Since oxygen and nutrients continue despite everything to animate the cell, even if only partially, it is able to survive. But in reality, the cell is very slowly dying. In fact, "disease" is a big word that really means "the effects of obstructed arteries over time."

The Venous System

Very closely related to the arterial system, we find the venous system (veins, major veins, venules). We have all heard of veins, but what do they do exactly? Veins are similar to arteries, but instead of transporting nutrients and oxygen to the cells for optimal functioning, they take care of evacuating certain cellular wastes. For example, CO_2 is a toxin

that must be eliminated from the body as quickly as possible, and to accomplish this it is brought to the lungs, via the venous system.

We often forget that when we breathe, it is for the sake of our 75 trillion cells. And each time we exhale, it is also for their sake, in other words, 75 trillion cells also exhale CO_2 at this same moment. If this very acidic poison were to remain in your body, it wouldn't take very long before you would die. This gives you a sense of the importance of the venous complex. In fact, arteries and veins are inseparable and are essentially two sides of the same coin: the cardiovascular system.

About CO2

Cells are like large factories, where millions of different chemical reactions take place throughout the day. These reactions produce, amongst other things, a waste called CO_2. In too large a quantity, CO_2 inside the body is toxic.

Since every cell generates CO_2 during cellular breathing and the concentration of it can quickly increase, especially during intense physical activity, or in other words, when the body is tense, the venous system whose primary function is to evacuate CO_2 and thus maintain the integrity of the organism, comes to the rescue.

Can you imagine what would happen if a vein were affected in a specific area of the body? Essentially, the cells would not be able to evacuate the CO_2 nor the other metabolic wastes. They would slowly begin to bathe in an acidic poison, provoking all kinds of compensations in order to ensure their survival. I am thinking here in particular about the secretion of mucus that protects the cells from irritants as well as numerous other chemical reactions that seek to buffer the increasing levels of acidity.

In other words, when a vein is affected by tension, the cellular vitality of that area will be affected proportionally. The more our cells receive nutrient and oxygen-rich blood while at the same time getting rid of toxic materials effectively, the more they will be healthy and vibrant. The more the body is weighed down by tensions, which we know compress the arteries and veins, the more the cellular environment becomes toxic or acidic, which impedes the overall vitality and energy levels of the organism.

Disease does not come out of nowhere. It is caused by a lack of oxygen and necessary nutrients that ensure cellular health and productivity, as well as by toxic conditions. It is quite simple to understand when we actually consider it.

If the compression of veins and arteries is at the source of the various dysfunctions we experience, our primary interest should therefore be to discover and potentially eliminate the cause of the tension that is affecting them in the first place. But before exploring this further… let's continue our journey through the human body.

Body Inc.

Anyone who has ever tried to start a business knows that sooner or later they have to determine the mission and vision of their enterprise. If the company lacks clarity about its mission, it will be nearly impossible to set in motion the actions necessary for it to succeed. There will always be weaknesses, tangents, confusion and wasted energy.

With a clear vision and mission, the general managers will be able to send the correct instructions to the different departments allowing each of them to execute their tasks with ease.

In the early 2000s, during the same retreat at the ashram I referred to in Chapter 1, I was working in the kitchen, cutting tomatoes for a supper that would be served to more than a thousand people. There were two of us cutting tomatoes. Next to us was someone dicing cucumbers, lined up next to someone else grating carrots, and so on. Then there was the specialist of the raw salad dressings, and of course our supervisor, the kitchen manager, whose job was to watch over everything. She was the one who told us what to do, the eyes and brain of the project. "*Ok, now we are done with the tomatoes, we need corn. There isn't enough celery, someone please take care of that. The tomatoes here are not cut well, please, pay attention to the quality of your work*" And of course, higher up than the manager, there were the head administrators, who made sure that all the facets of the event were aligned with the mission and vision of the retreat.

At times, some of the workers would become lazy, or would lose interest in the work, and the chef would have to come restore order:

"*Friends, we have more than a thousand people coming to eat in less than 2 hours. Some of them work hard in the gardens all day, and others come here to take a break from their daily lives and to replenish themselves. It is thanks to your work and effort that people can make the most of their time here! Stay focused, work in a devoted way to infuse the food with good vibrations, and let's keep going!"* From this a renewed sense of purpose would invigorate us, and the flow of work would resume.

Throughout the weeks, some workers would leave the center or quit kitchen duty, but they would immediately be replaced by new workers, which would allow us to continue our work.

One day, we were at our workstation as usual, but there was no manager to guide us. The usual volunteers were looking at each other perplexed and didn't really know what to do. Some started to cut tomatoes, others beetroots, but there was no direction in the work.

Everyone was doing as they pleased. It didn't take long before there was chaos in the kitchen with people arguing, and only when the administration interfered by attributing the task of manager to a new volunteer did things settle down.

As you can see, the responsibility of the manager (and the head administrators) is to be as aligned with the mission and vision of the project and then to communicate to the whole team the necessary actions to achieve the goal. The kitchen staff were essentially the arms, hands, and various body parts of the management team. In fact, we can say that the management team was the brain and we all were the body parts of the Grand Vision, or the Spirit of Intent. We were all working to serve that Mission.

Through this example, we can clearly see that in reality the administrators are not superior to the workers but rather that everyone works in synergy to accomplish a common objective. In a way you could say they have to be in a "superior" position in order to have an overview of the work, but it is only a strategic position that allows them to implement the plan and carry out the work successfully.

Unfortunately, in an upside-down world, the administrators think of themselves as above the workers, and the workers feel resentment towards them. But in reality, together, they form an indivisible whole. If a person decided to no longer cut tomatoes, the salad wouldn't be as good. If the dressing expert was drunk, the vinaigrette would be

ruined. These people could eventually be replaced, but if the chef and the administration were not perfectly clear about their mission and vision, they wouldn't be able to hire the right individuals for the job, and they would find themselves time and time again with one or more unmotivated workers.

In the same way, within the human body, which is the greatest of all Corporations, it is the vision and mission that unite all the different parts into one. If clarity is lacking at any one level, it will be difficult and maybe even impossible to guide the system towards harmony. Imagine if the upper right arm decided one day to do as it pleased. It would be really difficult to execute our daily tasks. Imagine now if the part of the brain that is responsible for communication decided to go on vacation. Even if you have a mouth and functional vocal cords, you wouldn't be able to express yourself properly. If your left foot decided to no longer answer your commands, then everyone would suffer, be it the workers (organs and limbs) or the administrators (the central nervous system), as well as the Owner of the Corporation, which is you.

The vision and mission are what unite all the different parts of the body. They represent the life force that animates the body, or the "raison d'être" of the corporation. When there is an alignment between the mission and vision of the business and the different members or workers, everyone feels overjoyed and the Impulse of Life can circulate fluidly and propel all into action.

The same Breath then animates one and all. Everyone comes together, and each individual's happiness is no longer bound to their specific tasks or "I-hood," but rather in serving this Grand Vision, for the sake of accomplishing a Mission they take to heart.

This Vision offers each worker the opportunity to be part of something infinitely greater than his/her own self. It infuses their work with a sense of meaning and direction. Cutting tomatoes is so small. Cutting tomatoes for the purpose of serving the vision of the kitchen is already bigger. Cutting tomatoes for the purpose of serving the people at the spiritual retreat, wanting to deepen their conscious connection to Life and become better human beings, is infinitely more gratifying.

Therefore, the more the cells or the individual workers of a business can be aligned with the Unifying Vision, the more they will have the opportunity to grow and access a potential that they could never reach if they chose to isolate and only think about themselves. The more each part allows itself to be penetrated by the Vision, the more it becomes conscious of its importance and the more it naturally devotes itself diligently to its tasks. The ecstasy and bliss that it was originally seeking is no longer bound to the fruits of its labour, but now stems from the Life Force animating the Vision, which infuses, animates, supports and nourishes all from the inside.

Concretely speaking, the nervous system represents the administrative department of the human body, the chief executive officer or CEO being none other than the brain! Together, the brain and the nervous system animate and synergize the cells, the different tissues, organs, muscles, etc., through a constant stream of biochemical electric current.

Essentially, we can say that the official function of the brain is to execute the Intention of the Owner in the material world. The brain, assisted by the cerebellum, has the responsibility of materializing the Primary Intention that animates our existence.

Who Is the Owner?

The next question to ask ourselves is: who is in reality the "owner" of the human body? The first response would be to believe that "we" are the owners, and to a certain extent that would make a whole lot of sense, since we are under the impression that we can do what we want with our bodies. Yet by deepening our studies of Life, we realize that there exists an entire occult (hidden) dimension to existence, which needs to be discovered if we genuinely wish to find peace and happiness and access a higher level of consciousness.

Truth be told, the human body belongs to Nature, just like all the other life forms on our planet. Earth is part of a galaxy, which is part of a universe, which is part of the cosmos. However, the Life behind the creation of the manifested world is always the same: God, the Infinite Creative Ocean that animates all things.

When this energetic Ocean of Life decides to materialize itself, through a process similar to the condensation of natural gas, the cosmos as we know it comes to life. We can say the cosmos is the Body of God, and the natural world in which we live is a specific member of this great Divine Body. Our physical body on the other hand is a unique cell of this Body, and the soul, or Self, is the Life that animates this individual cell.

In other words, the material world is governed by a subtle energetic world. The Infinite Ocean called God is the real owner of all Creation, and his Breath governs all Life. The soul or Self, a drop of this Ocean, follows of course the ebb and flow of the Ocean. It is an integral part of the Ocean and is inseparable from it. It would be wrong to imagine that the soul or Drop is able to control the Ocean. However, through the medium of the body, or the individual cell, if the nervous system isn't perfectly functional, the soul, encapsulated, can be under the impression of being an individual entity and of existing separately from the Whole. It can then have the impression or relative experience of being free and independent.

All this may sound eccentric to some, but in reality, this is how Life and Nature function. When the nervous system is working in a truly optimal manner, unhampered by tensions and toxins, all of this becomes very clear, naturally. It is not a question of faith or belief, but of inner alignment and logic.

"What's My Life's Purpose?"

You have most likely already asked yourself the question: "*What is the purpose of my Life, my reason for living*?" And if that is the case, you are not alone. More than ever, people around the world are "awakening" and asking themselves these kinds of questions. Millions of books, workshops, and online courses are offered on a massive scale, attempting to help people find their answers.

However, when you actually think about it for a moment, don't you find it strange that people spend their entire lives not knowing who they are and thus not knowing what they actually do or what they're bringing to the table, or in other words, being totally clueless of what their "mission" or purpose in life is?

The quest for meaning is very real and noble. It clearly shows that something within our system is out of balance. Something essential is missing, a foundational nutrient, an essential key, without which life has no flavor.

People often confuse this with an awakening, and at a level it is, but in reality, this feeling of purposelessness or emptiness is anything but that. It is a symptom, finally revealing itself to us through a crack in our persona. It is no different than a back pain, or an emotional hiccup. And symptoms are always the expression of a deeper dis-ease, if we dare to follow the crumb trail down the rabbit hole and to see what truly lies within.

To consciously realize that something in our lives is missing, that somehow, despite all our efforts to create a "perfect life," we never truly find any satisfaction, and that at the heart of things, no matter what we're engaged in, it never seems to have any real meaning - yes, this realization is in a way a form of awakening. But what we are truly awakening to or becoming conscious of is that we are deeply suffering. The cause of our pain is not that our lives have no meaning or that we don't have a holy purpose commissioned by a higher force that gives our ego a sense of glory and "specialhood." We suffer because there is a fundamental disconnection between us and Life. There is a separation that we cannot fathom or explain, and yet we see its effects in every aspect of our lives, if we dare to actually look.

An apple tree will never ask itself the question, "*Who am I*?" or "*What is my life's purpose*?" or in other words, "*What makes me special*?" The reason why it doesn't ask these questions is simple and obvious. **It is**. It's as straightforward as that. The tree is rooted in Life and Nature, literally. It is plugged into the Matrix of Life and is part of the Whole. At every moment of its existence it is a conduit for this Super Power, and through it and by it, it is nourished, supported, and given a *Wholy* purpose. Again, it is never disconnected from itself or from Life. Not even for a moment. There is no room for falseness to arise. It can never pretend to be anything but a tree, nor does it need to. It receives everything it needs and wants and is fulfilled at the highest degree, no matter what its "position" in the hierarchy of Life. It is part of the One.

What's more, the tree, unlike us modern humans, doesn't have a false sense of self that has been meticulously constructed over years and years of trials and tribulations, one which isolates it from the Living Pulsating Truth or Reality of Life that is otherwise permanently flowing through it, and all of us, at all times.

We should never forget that everything that is alive is so by design and with purpose, and we human beings have the opportunity, unlike any other form of life, to consciously recognize what it is that "we" actually do and bring, to the whole. The other forms of life are more elementary by design. They don't need to "know" what they are doing, they simply experience and enjoy it.

We human beings must first and foremost reconnect to this primal aspect of ourselves, which is plugged into Reality, and we have the leisure, if we choose, to "know" consciously what "we" actually bring to the table and for what purpose. But regardless of whether we "know" or not, akin to the tree or any other form of life, it is already happening. Life is Flowing at all times. We are but mere conduits, and that is the very crux of the matter. The artificial persona, or constructed ego, cannot fathom that there is something greater than itself. It is the very agent of isolation, which blinds us from Reality and prevents us from experiencing consciously the actual glory of Life. That is the true dis-ease we suffer from, which manifests itself directly via our nervous system.

We do not have to search for our purpose in Life. In fact, the one seeking for a purpose is not the Self, but the ego, looking to boost its value in order to get nourished a little longer by the process of self-aggrandizement and all the attention it harnesses.

The simple fact that we exist is a sign that we already have a "*raison d'être*", otherwise, we wouldn't be here in the first place. It is our diseased nervous system that is preventing us from being conscious of our role and function on this planet and in the Creation. The resolution of our pain is not by creating an even greater bubble, as our modern world promotes, but quite the opposite, to appease the nervous system of everything that is false and to allow the truth to reveal itself, effortlessly. That is the essence of healing: allowing things to unfold, in Time.

Nothing Exists Without a Reason

When human beings originally conceived the car, our initial objective wasn't to impress others, although that could have been a reason in itself. It was to solve a problem and simplify our lives. If we created the toaster, it was for a similar reason, that is, to solve a problem. In the same way, the artists who devote their lives to creating, although they may at times claim that they create for the sake of creating alone, they in fact do so for a specific reason, again, to solve a problem.

This same correlation can be applied to the entire Creation. Everything that exists serves a function, which means that every life form has its reason for being and its unique place within the Whole. This also implies that there is a Power beyond Creation itself, an Author, who just like us, wanted to solve a problem.

This being said, each one of us human beings also serves a specific function within the Whole. Nature, which is in service of Creation, has designed our body for a reason. This Intention is the purpose for our life on Earth. No need to search endlessly to find a meaning to our life and to make up fairy tales to justify our existence. The answer is right under our nose.

However, the challenge that we are currently facing is that we are disconnected. This is not a figure of speech, but quite literal. Our nervous system is not working properly, and that is why our lives feel futile and vain, and why we more often than not find ourselves weighed down by problems, complications, drama and difficulties. The madness we see in the world around us, the chaos and confusion, as well as the growing worldwide epidemic dis-ease of I-hood, are telltale signs that the nervous system has been torn asunder. If it weren't the case, no one would behave this way, and we would experience an organic harmony rather than the folly that is currently the norm.

The more the body and the nervous system are afflicted by tensions, the less the Purity of the Intention at the essence of our existence can fully manifest in our life. The disconnection of our nervous system is actually the main reason for this feeling of emptiness and lack of meaning that we experience. Therefore, the more the nervous system becomes aligned, the more the Intention can become clearly incarnated, thus giving direction and purpose to our everyday reality.

Furthermore, let's never forget that the Intention at the heart of our existence wants to manifest in the material world. To do so, it will require a lot of help. In fact, an entire corporation made up of trillions of employees (cells) is placed at its disposal, without of course forgetting You, the soul or the Self, the inner witness. All this, in order to manifest The Intention.

The Nervous System in Detail

The brain, including its many sectors and divisions, is relatively simple to understand. It is essentially the central computer of the human body, the Chief Executive Officer of Body Inc. Every part of the body is connected to this center, in one way or another.

Closely connected to the brain is the spinal cord, which can be compared to a superhighway of information. It connects all the parts or different departments of the body to the CEO (the brain and the main nervous centers within the cranium). It is essentially the bridge between willpower and action. Without it, there is no voluntary action. The body remains inanimate, like a larva. It is only surviving temporarily.

Just like any highway, the spinal cord also has many exits that allow us to be in contact with different parts of the body.

It is thanks to these neural links that the cells of our body connect amongst themselves, as well as with the superior administrative centers. This is something we experience daily, although often unconsciously, in the form of sensations.

The spinal cord gathers and directs the sensory information from the entire body and directs it to the brain. The "brain" is a general term that for the most part encompasses everything that is in the cranial box. In reality, it is divided into parts or segments, the better known "departments" being the cortex, the limbic or emotional brain, as well as the primal or reptilian brain. You may have also heard about the cerebellum, which is considered by certain researchers as the female brain, situated under the two cranial hemispheres, at the back of the cranium. The different segments each serve their own specific function and together, they must create a clear perspective of reality and determine the proper course of action in order to ensure survival.

You can now better understand the importance of having a healthy nervous system! It is a matter of survival. If the nervous system is corrupted, we cannot perceive reality, and thus, every action we take will be under the dominion of our mental confusion, which of course will lead to more complications rather than the resolution of our problems.

Remember that all the main nerves of the body are contained within the spinal cord, which is the equivalent of a tree trunk from where the different branches will eventually grow.

At every branch or highway exit, we have access to a vast universe. For example, at the level of the fourth thoracic vertebrae (T4), we have the heart, lungs, gallbladder, and intercostal muscles, amongst other tissues. In other words, the nerves that innervate or animate these tissues mainly take the T4 exit to get to their destination.

To be able to reach all the regions of the body, a network of roads is required: The nerves spread out from the spinal cord all the way to the peripheral tissues in order to create pathways that will relay the information between all parts of the body and the spine, and vice versa. And just like in real life, the further you get from the highway (i.e. the spinal cord), the smaller and narrower the roads or nerves become.

The brain with its different departments, together with the spinal cord, make up what we call the "central nervous system." The network of roads that connect the parts of the body with the spine is what we call the "peripheral nervous system." Together, the central and peripheral nervous systems give birth to and govern every necessary action, first and foremost to ensure survival, and second, to manifest The Will.

As we saw above, starting at each highway exit, and continuing down the line, the peripheral nerves are subdivided again and again, so that they can reach even the smallest cell at the other end of the body. These junctures connect to one another in an extremely brilliant and sophisticated way, creating a web of nerves that encompasses the entire organism! If for example, there is a blockage on the road towards the "neighborhood" of the biceps brachii, there will always be alternate ways of getting there, either by taking the small back alleys, the adjacent streets, or by making even more elaborate detours. Of course, it is

always preferable to use the main highway and large avenues to reach one's destination. But there are always alternatives.

Take the heart for example. An organ as important as this one must be accessible at all times. Therefore, there are many exits that lead towards this area of the body. If one exit is constricted, there will be another way to access the heart.

The Nervous System's Objective

What is the real objective of the nervous system? As I mentioned above, its primary goal is to ensure the survival of the biological form. The reason the body must survive is in order to accomplish its real function, which is to materialize The Intention, which is its very reason for being alive. The healthier the nervous system, the more this Intention will be able to express and materialize itself in an honest and optimal way, in service of Life and Nature. The human body is therefore a servant of this Intention.

Let's push things a bit deeper. In the same way that all the cells of the human body are interconnected through the nervous system and are under the supervision of the superior administrative centers, we human beings are just like neurons, or cosmic cells, connected to each other and guided by a Super Intention, governed by a universal command center. Just like each part of our body must carry out its specific task in order to collectively manifest The Will, every individual has a specific function to carry out in order to jointly express the Cosmic Plan.

It is therefore only with a truly healthy and functional nervous system that we can, in the first place, be connected to ourselves, and consciously tune into the Intention that governs our lives, and second, that we can at an even deeper level, discover how this individual intention fits into an even grander Cosmic Plan or Supreme Intention, and plugs us into the Game of Life.

As you can now better comprehend, a basic nervous impulse is, in reality, a lot more than a simple electrical conduction. It is literally a container for the Divine Intention. However, as you may have noticed, when we talk with scientists, they speak about the nervous system very casually: "*The nervous impulse in the body is the result of the*

difference of potential between ions inside and outside the neuron (nerve cell), which creates a movement of electrons, thus conducting the electrical current along the nervous fiber. That's all there is to it! " But the question remains: what is really hidden behind this movement of electrons? How can we explain the fact that they are alive or active? What activates this movement in the first place? And why? To these essential questions, the scientists have no answers, which once again shows to say that they are living at the surface of Reality, no matter how powerful their technologies. However, we human beings are Divine Beings, and we need more depth in order to find true meaning and satisfaction. We cannot be contained in 2, 3, 4, or even 5-dimensional models of Reality. Only Life can satisfy us, and it is only by placing our unfettered attention on a given subject that we can open the hidden doors of perception and discover Reality. But as long as we willingly subscribe to an imaginary or confined model of Reality, we are and will remain prisoners of an Illusion that lies at the very heart of our suffering.

When considering all of these profound insights, the question of free will naturally rises. Are we really the masters of our lives, and if so, to what degree? Or are we merely having an "experience" of freedom? Once again, it is for every sincere seeker to find this answer for him or herself, by a thorough and personal study of Reality, rather than by what he or she wishes to believe.

One thing is for sure, in our three-dimensional plane of reality, we are clearly, at the surface at least, experiencing free will. I can choose to raise my arm, or not. And so on. But when we dive into the metaphysics of things, our perspective widens and an unfathomable world opens. A paradoxical reality is born, which cannot exist in the confines of a limited mind. In other words, something greater than we can imagine awaits us. But to access this, we must first let go of our preconceived perceptions.

The Organizational Hierarchy

There is an order in Nature and Creation. Nothing is left to chance. Everything is perfectly orchestrated and meticulously calculated. This same order is expressed throughout the human body. *"As above so below."*

When we deepen our study of the human body, we realize that everything that goes on inside it is instigated and authorized by the central nervous system and its team. The central nervous system is essentially the representative of Nature in the human body. If we continue with the analogy of the corporation, the nervous system is both the chief executive officer as well as the administrative board. No action in the human body is allowed without its specific consent, or in other words, nothing can therefore happen in the body unless the action is sanctioned by the superior administrators. If a department is suffering for some reason, it will not take any action unless it has the authorization of the central nervous system, which in turn runs the entire Corporation and determines the priorities before allotting the necessary resources. The respective departments have administrative power over their own tasks and projects, of course. However, this power is in reality given to them for the sake of functionality only, and can be overridden at any time, especially in situations of crisis.

Therefore, no change or modification can be made within the body, unless the central nervous system accepts the specific action, which it will do in order to dissipate a specific stress that it is enduring or to find a temporary palliative solution that will ensure the body's survival. Each and every expression of disease that we encounter is, in reality, the optimal way for the body to adapt to an increasing level of stress, given the circumstances it is facing.

What we consider as diseases are in fact nothing more than elaborate defense mechanisms, sanctioned by the central nervous system itself, in order to release tensions, diminish internal pressure, create buffers and secure survival. In other words, they are not really diseases but rather symptoms, and symptoms are the expression of Intelligence. This means that even "genetic mutations," like in the case of cancer, are authorized by the central nervous system, contrary to what the medical world teaches us. Nothing in Life is random or chaotic, and this is at the essence of what I am trying to say. All movement in the body has but one single goal: to maintain the integrity of the system, in response to the law of action and reaction.

What modern science wants us to believe is that the body is flawed, and that, due to internal weakness, maleficent powers can

hijack the corporation at any time, take over and lead it astray, i.e. towards death. To adhere to such theories is to believe that there is no order nor Intelligence in Life. It is to abdicate common sense and respect for the Divine and replace it with fear, insecurity and powerlessness. Why would anyone choose madness over harmony? That is truly the question of questions. Yet as we can clearly see, the world over prefers to hold on to such asphyxiating ideologies rather than to be humbled in front of the Infinite Power of Life.

The Number of Simultaneous Reactions Within the Human Body

If there are 75 trillion cells within the human body, how many chemical reactions do you think take place every second, every minute and every day? In reality, it is impossible to determine the number of reactions that are simultaneously happening at each and every instant. However, one thing is certain, the number is astronomical and immeasurable.

This being said, do you think science can even begin to fathom how the body works, at a physiological level? Let's not lie to ourselves; the answer is simply no. And the scientists will be the first ones to tell you, "*We are only starting to understand the human genome and tap into its potential*!"

Paradoxically, even if science holds only an infinitesimal understanding of things, we do not hesitate to offer it and its representatives our entire trust and faith, putting our lives in their hands. Scientists, similar to celebrities in front of the camera, act in presumptuous ways, as if they were above everything, pretending that they have gained complete mastery over the human body and Nature, and we love it! With their sophisticated machines, we feel "safe" and that everything is under control.

When we read their books and listen to their eloquent discourses, everything seems to be definitive and certain. In reality, however, if we were a little more critical in our observation, we would realize that these same scientists have barely scratched the surface in their understanding of the human body. After all, they are still at the stage of Lego blocks. We cannot deny that they can do amazing things with their Legos, but that doesn't truly resolve the heart of

the problem. It only masks it. Fear rules our lives and Science is the emissary of control.

On the other hand, logic, common sense, as well as the observation of Nature bring us much further on the path towards peace than the blind belief in a new religion that is thirsty for power and control.

Open your eyes and dare to look at the genius of Nature and Creation. Although we can't really apprehend it entirely, we can most certainly see that it is absolutely perfect and without reproach. In other words, there is no disease, only vast flavors of symptoms. Mistakes are not part of Nature, and every phenomenon that we observe is in fact the expression of the Infinite Intelligence.

If we seek harmony in our lives, it is certainly not by subscribing to superficial teachings that at their essence promote fear and godlessness, that we will find it. It is by opening up to the human experience and allowing ourselves to feel how big the Ocean of Life truly is and how infinitely small we truly are. It is by genuinely surrendering to a power greater than ourselves that we can begin receiving its blessings and find the security we truly seek.

The Law of Cause and Effect, or Karma

We live in a world of cause and effect. For every action, there is a reaction of equal but opposite force. When this reality becomes clear in our mind, we immediately understand that the concept of being attacked by a virus or a disease is not real. There are no invaders outside of us, at least, not the way we have been told or imagine it. There are immutable laws that maintain harmony in the natural world. When these laws are broken, it creates stress for the organism, which compresses arteries, veins and nerves, putting into motion the process of cellular degradation. Truth be told, even this supposed arterial compression and its plethora of resulting symptoms, although it may appear negative, ensures the survival of the organism by slowing down the flow and intensity of Life that can at times be too intense for the damaged tissues to bear.

The body, plagued by tensions, must therefore adapt in order to survive. If this means that it must create a cyst, demand chocolate,

secrete toxins, slow down hormonal production, fall on its coccyx, or even potentially generate a so-called cellular mutation, it will do it. Everything is a question of survival in the natural world. Nothing is left to chance, as I keep repeating. Everything is perfectly orchestrated in order to harmonize the field of energies and ensure survival in time.

In fact, it is this Primal Energy or survival drive that is at the very essence of the natural world we live in. And this potential has absolutely no limits in its way of expressing itself and what kind of "coincidences" it can orchestrate in order to harmonize the internal pressure system.

The human body when faced with an abnormal amount of stress over a long period of time has only one objective in mind: to survive as long as possible. It will find any means to achieve its objective, even if it seems ridiculous or counterintuitive at first glance. Its goal is to create the best circumstances for the operator to become conscious of his or her situation so they can, once and for all, remedy the problem, and allow fluidity and growth back into the system.

The Reality of Autoimmune Dis-eases

Medical science claims that, under certain circumstances, the human body can turn against its own self. This is the case with cancer or other autoimmune dis-eases. This is in reality an interpretation of a natural and healthy phenomenon, which has been absolutely tainted by medicine's vision of Life and Nature.

The human body is the product of the Infinite Intelligence that is by definition all-powerful and perfect. How could this absolute power, which has created everything out of nothing, make any mistakes?

With this in mind, it is impossible to conceive that the body would self-destruct like traditional medicine would have us believe.

In certain cases, yes, it can morph itself in order to temporarily reduce friction, buffer excessive stresses and store toxins. In other more extreme cases, the body can become so toxic and rotten, that the Infinite Intelligence that governs it considers that it would be better to recycle it than preserve it. This is when microorganisms start "eating

it from within." In reality, they are only doing their job, in the name of Nature. Do you realize however to what extent a human body needs to be toxic, acidic and rotten from the inside, in order for Nature to judge that it is preferable to eliminate this body from the surface of the Earth rather than to keep it alive? It is at this stage that science accuses the immune system of turning against itself, of ceasing to create a barrier to protect the body from so called invaders and willingly participating in the dissolution of the (dying) body.

Modern science seeks to preserve all life, at all cost. From their perspective, death is a disease. In reality, death is an intelligent phenomenon that has the function to recycle lifeless matter, in order to create new form. If your body is so toxic that it is decaying from within, it is only natural that Nature seeks to recycle it. That is not a disease of the immune system. It is simply natural law in action, which will challenge once again the authority of modern science and its pompous ideologies.

According to my experience, as well as that of many other researchers, the human body maintains its allegiance to the Divine Intelligence at all times. It is simply adapting as best as it can throughout time, in order to survive, until it no longer has the resources to do so. In no case does the body, or Nature for that matter, want to harm us.

Furthermore, it is impossible for a corporation as vast as Nature and the Cosmos not to function under inexorable laws. Chaos is simply not an option. In a company like the human body, the central nervous system – the managing center – is in control at all times. It is at the service of Life. If it can no longer properly channel Life through its current vessel, it will willingly accept to slowly but surely transform the body into food for other life forms, and "abort ship." This is not something negative or a mistake, on the contrary, it is by design and shows how perfectly efficient Nature truly is as a super corporation, and how all individual employees (human beings as well as all forms of life) are truly dedicated to the success of the enterprise. It is only the mind of Man seeking to interfere with this perfectly functioning System, believing he knows better, which makes it seem as if there is a problem to begin with. Today, we find ourselves in a world where the mind has taken over and where the

laws of Nature have been completely forgotten. It is this amnesia that is at the core of our suffering.

The Nerves!

In light of the above discussion on the importance of the nervous system, can you imagine the effect of having one or more nerves, big or small, stuck or severely compressed by a tension? What would that mean concretely for a person?

Essentially, it would be like cutting off the electricity to certain areas of the body. Of course, as I mentioned earlier, if an avenue is blocked, there are always the small alleys that allow us, despite everything, to access the area, but the electric current will be significantly reduced. In other words, when the nerves in an area are affected, that area, as well as the whole body, will suffer a generalized loss of energy, connectivity, reactivity, sensibility, functionality, strength, and most importantly, consciousness. And of course, the larger the size of the nerve that's compromised, the greater the loss. **Have you ever touched the body of a person who is hemiplegic, or suffering from a serious pathology of the nervous system?**

I remember the first hemiplegic patient that I met at my office. When I worked at the hospital, I helped patients who were suffering from serious neurological problems, but it was the first time that I had the opportunity, in a therapeutic context, to really take the time and enter into dialogue with the tissues of such a body. Furthermore, the patient herself was an osteopath, making the whole experience even more interesting.

It is at that moment that I really understood and deeply integrated the significance and the role of the nervous system. Of course, I had developed throughout the years an understanding of the nervous and energetic circuitry of the human body, based on my studies in anatomy, neurology, yoga, Chinese medicine, as well as the practical experiences within my own body and those of my students and patients. But this time, I had the chance to be enlightened by the body itself, through touch! What an opportunity!

What impressed me the most about her leg was that it, in spite of the hemiplegia, was still totally alive. The cells were still functioning

and reproducing themselves. Their metabolism had slowed down, but everything was alive and operational, despite the fact that she had almost no feeling or control over her leg.

Through my touch, I detected the Primary Respiratory Movement. The PRM in osteopathy is the expression of Life, which is present throughout all the cells and tissues of the body. There are different aspects to it, but we can recognize it mostly through its subtle and palpable movement of expansion and retraction. This movement is not at all associated with the thoracic respiration of the body, which also generates a mechanical movement of expansion and retraction, as we can very well see at the level of the thorax and stomach. The PRM is essentially the breath of life, pulsating through the body. A healthy tissue is able to express this movement easily. A tissue that is compromised will of course have more difficulty expressing it.

"*It's amazing*," I thought to myself, "*The is leg alive. Despite the fact that the spine is severely affected and that her leg is not at all 'on-line*!' "

So what is the real function of the nervous system? At one level, it is to interconnect the various parts of the body together, and in certain cases, to bring them into the conscious control of the operator. At another level, it is to activate the body, just like when we turn on a machine, for it to be able to take the necessary actions in order to ensure its survival.

Although her leg was alive, the patient had almost no control over it. The leg seemed like it was waiting for something, or as if it was suspended in space.

We can indeed say that the leg was biologically alive but dead to the Intention of the Whole. In other words, it was no longer available to consciously and actively work towards the manifestation of The Intention. But at another level, it was still on-line, just not to the conscious active impetus. It was being sustained indirectly by the other parts of the body, supported by their light (or if you prefer, from surrounding lesser nerve avenues), and all together, they had to carry some invisible burden, which was symbolized by the leg being "off-line." The result of all this was a very particular creature or person, who through this elaborate process found a way to survive and stabilize the internal pressures inside her body.

In other words, at one level, the severing of the nerve literally disconnected the leg from her consciousness. It was now off-line, and everything that was living or connected to this leg was now fast sleep, or if you prefer, pushed deep into the unconscious mind. At another level, this event revealed a deeper intelligence, which used this "tragedy" to give birth to a new person, who no longer had to consciously deal with an unmanageable problem, and who could now find a new and much slower rhythm that allowed her to better cope with her inner situation.

All in all, the nervous system is a very complex and vast network of "electric" wires that allows Life to animate matter.

The Lymphatic System

As stated previously, the body is made up of cells. This means that when we look, for example, at the skin of our hand, in reality, although we cannot see it w;ith our bare eyes, we are observing a colony of cells working together in harmony. Right underneath this colony called the skin, there are other colonies, like the one called the pectoralis major muscle, and another called the endothoracic fascia, and so on.

No matter the tissue, whether fascia, muscles, nerves, organs, or arteries, etc., all are composed of differentiated cells that work together in synergy. The different cell tribes come together and get organized, to eventually form a world composed of 75 trillion cells, that we call the human body.

I really like giving the following example to create a clear picture of the cellular reality within the body. Imagine you are in the subway or bus at rush hour. It often happens that there are absolutely no more places, neither sitting nor standing, yet the doors open and another 5 or 6 passengers manage to enter nonetheless. Despite the lack of space, the passengers find a way to adjust themselves and a new balance is created, and this lasts until the next station or stop. It also happens at times that there is absolutely no space left at all. The wagon or bus is full to capacity, which doesn't at all prevent passengers from creating their own personal bubble.

We can compare the full wagon to the different tissues of the human body, and its passengers to the cells that make up the tissues.

Can you now visualize the small distance that exists, despite everything, between each passenger? Well, in the human body, it's the same thing. There exists a small separation in between the cells, which allows each cell to have its own little personal bubble. However, contrary to the example of the wagon, in the body, there is never any empty or unused space, unless it is deliberately or intentionally designed that way.

This space in between the cells is commonly named the interstitial space. It is filled with interstitial liquid, which is mainly composed of water. What I'm getting at is that all the 75 trillion cells of the human body are floating in a great ocean of water. Furthermore, inside the cell itself, there is also water, in which bathes the nucleus, along with other elements that make up the cell.

In fact, if there weren't so much water, how would nutrients or gasses move through the body? They would need trucks or trains, which would make the entire thing even more complex. However, this way, we can throw them into the water and let the current do the work.

Moreover, as you probably already have heard, it is estimated that the body is made up of 50% to 75% of water, depending on the height and weight of the person of course.

From Delhi to Goa

Many years ago, I took a train in India, going from Delhi to Goa. The trip lasted about 14 hours. I hadn't organized the trip in advance, so I traveled as a regular passenger, along with the locals, rather than in some luxurious wagon. Let me tell you, what we see in modern cities at rush hour is nothing compared to what goes on over there. Their capacity to adapt and create space out of nothing is absolutely astonishing. There are people literally everywhere: sitting on benches, on the knees of other passengers, standing up, sitting up high on backpack racks, on the ground, everywhere. In between every station, we would have a short moment's rest before having to adapt to a new environment.

Furthermore, within this crowd, which we can compare to that of a rock concert in the 60's, vendors were circulating selling juice, water, nuts, toys and everything and anything you can imagine.

Having naturally flexible legs, I was sitting cross-legged up on a rack raised above the seated benches beside another cross-legged Indian man, the two of us nearly sitting one on top of the other. However, surprisingly, we each still had our personal bubble.

In the same way, each cell has its own bubble and shares with all the other cells this vast common space, bathing in the interstitial liquid, also commonly known as the lymph.

Now imagine if all your family was bathing in the same bathtub, morning and evening, for years, without ever changing the water! It would be toxic, wouldn't it? As funny as this may sound, this is exactly what is happening inside the body with its trillions of cells. They are essentially all bathing in the same bathtub. But don't worry; the Great Engineer has planned everything perfectly!

The Real Purpose of the Immune System

In today's day and age, everyone knows of the immune system. The immune system is made up of several parts, including the lymphatic system, the tonsils, and the spleen.

Modern and alternative medicine attribute to it the function of protecting us from both internal and external enemies. The immune system, according to their paradigm, is the "army of the body."

Sometimes, the army succeeds at immediately defeating the enemy. At other times, "the terrorists" manage to cross the lines of defense and invade us, creating havoc along the way. Luckily for us, our army is eventually able to get back on its feet, and destroy our enemies. In the case that it's not able to win the war, modern medicine, and even alternative medicine, can intervene with antibiotics or other plants that will stimulate, or tone, or reinforce the body's defense mechanisms.

In my opinion, and according to the Living Medicine paradigm, the immune system is in reality in charge of housekeeping, or if you prefer, cleaning. Its responsibility is to ensure that the environment in which the cells are bathing is always clean and fluid. At times, it must intensively vacuum the "house" and take out the old garbage, which can be quite destabilizing for the entire system. But the immune system never really has to go to war against enemies that are trying to invade and kill us. I simply don't buy into that.

Unfortunately, more often than not, the body has become so toxic that the home maintenance system finds itself completely overtaxed, congested and exhausted, unable to answer all the calls. It is also generally the case that the colon, the renal system, the lungs and the skin, which make up the main eliminatory organs of the body, are equally congested, which makes the task even more complex, as you will better understand shortly.

Nature will therefore have to intervene, bringing in the help of microorganisms, in an attempt to stabilize the toxic internal state of the body. Imagine bathing in a pool filled with waste. It must be cleaned out in one way or another. In other words, these "bugs" enter the body, and their function is to eat or decompose all the waste material that can no longer be evacuated through the eliminatory systems.

The service they offer will in turn have an effect on the body, contributing, in the long run, to its general toxicity. However, despite appearances, everything that happens is for the sake of ensuring survival of the individual, at one level or another. Although paradoxical, Life functions very intelligently and its only wish is to help us live a long and productive life.

So, when the system is so toxic that it needs to call for help in order to clean up, the bacteria and viruses that live in the environment around us are specifically invited to join the clean-up team. They make the body react in a more or less intense way, in order to stimulate the evacuation of toxins and waste. When the body is done cleaning itself, they are no longer necessary and are in turn eliminated.

In certain circumstances, if the body feels that the situation may happen again, the bacteria and viruses (the special guests) will simply be put in a dormant state until next time.

The Function of the Lymph

Considering the above information, you will understand that it is imperative for the health of the body that the lymph or the interstitial fluid be cleaned and refreshed on a regular basis. This is exactly the function of the lymphatic system, which works closely with the immune system in order to purify the cellular environment.

The lymphatic system is a vast internal network, which makes sure that interstitial liquid is flowing and circulating, clean and purified at all times. The lymph is in essence the residence of the cell. It offers protection by absorbing shocks and by diluting toxins from the environment. In addition, nutrients and other vital elements are diffused through the lymph, which must travel from the blood capillaries to the cells, as well as from the cells to the different veins.

Since the cell doesn't have a direct link to the capillary – there is no "driveway" to connect it - it is through the lymph that it receives everything it needs. It is also through the lymph that the cellular waste is evacuated!

Remember that a cell is a factory. In other words, all the cellular waste, all the material that is no longer useful, everything that is toxic, or harmful, is ejected into the lymph to eventually be transported outside of the body. The veins transport some of these materials, like CO_2, as we saw earlier. But most of the waste expelled by the cells actually stays in the lymph, in order to be processed via other elimination systems.

So essentially the cells, just like us, have to "pee and poo." Imagine for a moment 75 trillion cells evacuating their waste. And all of this, as we've already seen, has to go somewhere! And it goes directly into the lymph, unless the cell is "constipated," of course.

The lymphatic system's purpose is therefore to drain and purify the lymph, in collaboration with the other organs of the immune system, in order to evacuate the waste material from the body through the excretory organs, such as the kidneys, the colon, the lungs and the skin. The lymphatic system, just like the arterial, venous and nervous systems, is a system in itself. This means that it has its own internal plumbing, varying in caliber, from the invisible to the visible, from the small to the relatively large. It is also made up of lymph glands, which are sophisticated purification filters of sorts, and it has, at the level of the abdomen, a large tank.

It's through the lymphatic system that the white blood cells as well as the other "protective" cells of the body circulate and operate.

As previously mentioned, when we see Nature as bad and dangerous, we will of course interpret certain functions of the body in a particular way. When it comes to the white blood cells for example, we

will explain their actions in the following way: they "eat" or destroy the enemies of the body that have penetrated the organism.

In fact, it doesn't work like that at all! There are no external enemies; the body is simply subject to the law of cause and effect. When the arterial complex is compressed, the cells slowly begin to deteriorate. The system then finds a way to compensate in order to momentarily survive, but at the same time, this contributes to an increase in cellular toxicity. A cell that is dying will naturally generate microorganisms, which will essentially clean the toxic environment in which the rest of the cells are bathing.

In other words, these microorganisms feed off dead matter and waste such as excrements, toxins, putrefying matter, etc. Of course, as mentioned earlier, they will also themselves excrete waste, which in turn will affect the cellular environment. The body will then seek to create balance as best as possible, given the circumstances. When the waste is finally cleaned out, the microorganisms will have accomplished their task, and since they will have no reason to exist anymore, they will be "driven out." The function of some types of white blood cells is to eliminate these microorganisms, whereas others help to literally clean the environment.

In other words, according to the Living Medicine paradigm of the body, Nature does things well; in fact, it does them very well! There are no enemies per se, which means that the lymphatic system is not the defense system of the body, but rather its maintenance or sewage system!

Now, if for some reason something affects the lymphatic system, or if this system is overloaded, can you imagine the consequence this will have on the cell, as well as the global health of the body?

First of all, it will be difficult for the cell to access the vital elements that are necessary for its well-being. Second, it will find itself bathing in a toxic pool! "Toxic" in this context means acidic, and as we all know, acid burns, decomposes and breaks things down or divides them into parts.

Do not be mistaken. Toxicity has its advantages. Everything in Life is designed perfectly. There is light in darkness, and vice versa. In the absence of real energy, there is nothing better than toxicity to excite or irritate the cells, hence giving the impression of being super energized! But, as you know, there are always two sides to the coin.

After the high, the cell will find itself even more exhausted and drained from its vital energy, thus creating even more acidity, which will end up consuming it entirely. But in a life-or-death situation, and especially when there are no other options available, this is a brilliant solution!

The Arterial Complex

The first principle of osteopathy irrevocably states that the role of the artery is absolute. After having journeyed through the human body together, I think you will share my opinion and understand why it is at the very heart of osteopathy.

Now, rather than simply limiting ourselves to the arteries, it would be logical to also include the veins, the nerves and the lymphatic system.

I call these four vital structures the arterial complex. The role of the arterial complex is absolute. When this complex is compromised, the cell suffers, and a chain of complex reactions follows, which creates consequences on many different levels.

Before finishing this section, it's interesting to note that the nerves, veins and arteries, and even the lymphatic system, being closely related, generally travel through the body together. By observing detailed anatomy charts, we can see that they are intertwined, just like vines climbing up a wall. This means that, when the body experiences a tension, more often than not, the entire arterial complex is affected, rather than a single individual structure. In other words, when a tension affects the body, the cell or the tissue suffers at every level.

2ND PRINCIPLE: STRUCTURE GOVERNS FUNCTION

In the human body, every space, every differentiation, every bump, every hole, every movement, every detail has a specific role to play and is necessary for optimal functioning. Nothing has been conceived without a purpose, everything has a reason for being, and that is exactly what makes the body, and Life for that matter, so mind-blowing.

Take a chair for example. It was designed with a precise function in mind, that of allowing us to sit comfortably. Its structure, or its shape, enables the expression of this function. If, for example,

I shortened one of the four legs, even if just slightly, the chair would still be able to "function," but it would lose some of its optimality! The user would feel that something is unbalanced, and this would absorb part of his attention.

Now, take a pair of pants. They were also designed to serve a specific function, that of dressing the lower part of a man's body. They are also meant to offer comfort, style and elegance. If the pants, for whatever reason, tear at the level of the pocket, or the fabric loses some of its elasticity, due to wear and tear, their optimal functioning will obviously be affected. They may still be wearable, of course, but they will no longer be considered an elegant piece of clothing to be worn on special occasions. They 'll be attributed a new function or simply thrown away.

The Function of the Liver

Now let's take the liver as an example: it is an extremely important chemical factory within the human body, and it plays a role in most of its metabolic processes. It also has detoxification and elimination functions.

Throughout the day, we are exposed to many kinds of chemical and toxic products, in our water, our air, our food, and the different products we consume on a regular basis.

One of the liver's functions is to eliminate these numerous toxic products from circulating in our blood. We can't say that they are rendered inoffensive as such, but their impact on the body is definitely reduced, as the liver isolates and to a certain extent eliminates them.

However, we must remember that the body hasn't been designed to live in an artificial environment. When it is exposed to man-made toxins, it doesn't have the means to get rid of them, since it hasn't been created to process these kinds of poisons. This is, by the way, the reason why it is so important to do liver and gallbladder cleanses, allowing these organs to "flush" out the poisons from the system, in a forced way.

The liver is also responsible for neutralizing and eliminating toxic products that are naturally produced by the cells of the body,

such as ammonia. Furthermore, it recycles the old red and white blood cells, as well as other metabolic wastes.

In addition to the elimination of toxic products, the liver also intervenes in the metabolism of sugars, fats and proteins. It produces and secretes bile, which is stocked in the gallbladder, and plays an important role in digestion.

It is also considered as the energetic reserve of the body, since it stores glycogen. Essentially, glycogen is compacted glucose or sugar that the body can access if it requires energy.

All this to say that the liver is a super important organ, which plays a vital role in the human body's functioning.

The Anatomical Structures Connected to the Liver

The liver, like all the other main organs of the body, doesn't float in air. It is attached to many different structures and organs through ligaments that stabilize it inside the body.

It is in direct relation with the stomach as well as the esophagus. It is of course also connected to the gallbladder, as well as the duodenum, the right colic flexure (the place where ascending and transverse colons meet), as well as the right kidney and adrenal gland.

Moreover, these organs have a literal imprint on the liver, meaning that they have been designed to fit into each other like pieces of a puzzle. On the posterior face of the liver, we can see the indentations that allow its neighbouring organs to sit precisely against it.

We must also take into account the micro-ligaments and fascia that stabilize this whole arrangement together and that ensure a certain amount of mobility between each of the organs and the liver.

The Ligaments of the Liver

The liver is suspended under the diaphragm by the coronary ligament. The latter thickens at both of its extremities to become the right and left triangular ligaments.

The liver is also attached to the anterior wall of the abdomen, slightly to the right of the xiphoid process (the lower extremity of the sternum), through the falciform ligament.

As for the lesser omentum, which is made up of three ligaments, it attaches the stomach to the liver. The bile duct, the hepatic artery and the portal vein all pass through it.

Now imagine if one of the liver's attachments tensed up. What would happen if the stomach, bloated and sick, were constantly pulling on the liver, through the lesser omentum?

The liver would not migrate positions within the abdomen in order to accommodate the stress. It cannot, even if it wanted. It is bound through the ligaments and its connections to the other organs of the body. However, in order to adapt to the strain, its shape or structure will be affected, even if only minimally.

Knowing that the diaphragm is in direct relation with the ribs as well as the liver via the coronary ligament, imagine the effect of a direct blow to the right side of the rib cage? The tension would undoubtedly affect the liver. Facing this strain, the other stabilizing attachments will also respond in order to maintain balance. But what will happen to the liver per se?

When there is a tension in the body, the part that is affected must react in order to balance out the internal forces. Of course, at first sight, the system may seem neutral. Upon observing a little more carefully, we realize that there are great forces affecting it. Each force will have an effect on the structure of the tissue in question.

If for example we take a t-shirt and pull it in two different directions, in a way that results in the two opposing forces balancing or "canceling" each other out, this does not change the fact that the t-shirt is still being deformed.

If the t-shirt was a living tissue, like the liver for example, it would contract in order to avoid being completely deformed, which would not only cost it a great amount of energy but would also affect it in the long run. In other words, the structure of the liver will be affected by the forces that act upon it, which will inevitably create a decrease in its functionality and efficiency.

Remember that the liver, or any other tissue for that matter, is made up of millions of individual cells. The smallest tension will affect the cells and therefore their function. From a technical point of view, the liver is considered to be a piece of machinery, just like the mechanical parts of a car. There are valves, different pressure chambers, tubes,

pumps, and so on. Everything is designed with a great deal of precision. The smallest tension will of course affect the meticulous function of the liver. It is easy to imagine when we take the time to think about it. If the structure or form is affected, it is evident that the function will be affected as well.

Spare Ribs

As you know, the ribs protect the vital organs of the body, including the lungs, heart, and liver. The lungs, just like the heart, are directly connected to the ribs, through ligaments and fascia. In this way, every organ is stabilized and held in place, yet it can still move the way it's supposed to in relation to the neighboring structures, thus allowing for mobility.

Imagine wiping out in the wintertime while skiing or walking on an icy sidewalk and hitting your chest. It is the ribs that will absorb the shock, instead of all the organs!

What you need to realize is that the ribs are also made up of millions of cells; they too are alive. Although bone is a more resistant tissue than muscle for example, it is still alive and quite sensitive.

The impact of the fall will affect the ribs in more ways than one. If the fall is violent, it may move or even break the ribs. If the fall is less severe, but nevertheless severe enough, it might affect the ribs at the level where they attach to the vertebrae. Remember that the ribs are connected to the thoracic vertebrae in two different locations, and that it is from these joints that the ribs acquire their mobility. Furthermore, don't forget that the rib cells will also react with the impact of the fall. The bones will become compacted (or tensed), just like a person would contract when feeling scared or assaulted.

Naturally, all this will affect the mobility of the ribs to a certain extent, as well as the thoracic cage in general.

It is important to remember that the lungs are located right underneath the ribs, meaning that if the ribs rigidify, or become stuck, they will not be able to expand as easily during the inhale, but will rather tend to remain fixed in place. The same is true for the exhale.

This means that the lungs, which are connected to the ribs, will not be able to expand completely during the inhalation. The breathing will therefore be limited, and as you know, it is the breath that

regulates the intake of oxygen and the evacuation of CO_2 at the cellular and organic levels.

The structure (in this case the ribs) governs the function of the lungs and the universe that lives inside the thoracic cage. All the organs and tissues are in one way or another dependent on the state of the structure, which creates a space where life can flow.

Furthermore, the impact at the level of the ribs will directly affect the lungs through the fascia, which will change their form and therefore their overall mobility.

But that's not all. All the other tissues, whether directly or indirectly connected to the ribs, will also be affected by the impact. A chain reaction that will have an intensity proportional to the force of the impact will propagate throughout the entire body.

Indeed, Structure Governs Function.

We see that the aphorism "structure governs function" can be understood in several different ways. There is the structure of a tissue, or its shape, and there is also the structure of the body, meaning the bones or skeleton, which affect the function of the organs and other internal tissues.

Think of the cranium. Inside this superb structure, made up of many bones, lives the brain along with the higher nervous centers. If the cranium is affected, this will have a direct effect on the brain, of course.

Think about the pelvis, in which live, amongst other things, the reproductive organs. Now let's compare the pelvis to a big bowl. If this bowl is deformed, due to tension or impact, the entire universe living inside it will also be affected.

We are often under the impression that the body is made of metal, that it is invincible, and forget that it is rather a living organism, made up of cells that are alive. This is the key that opens to us a new vision of the human body, health and disease. The cells experience all the tensions we go through on a daily basis, whether they are of an internal or external nature. They react to everything and adjust themselves as best as possible to their circumstances, in order to maintain balance.

The moral of the story is that there is no place in the human body for tension. It is as simple as that. As soon as a tension acts on the body, even if very trivial, it will be affected. The body is essentially designed

to live in a perpetual state of relaxation. In the absence of tension, it functions flawlessly. When tensions arise, its efficiency begins to decline. Don't worry though, it knows how to adapt to all situations, and does so brilliantly. However, what we must bear in mind is that it was not conceived to live under any form of strain. In other words, if we analyze the design of the body, we can decipher how the Creator truly intended for us to live: in peace.

Another simple example to illustrate this aphorism is a basketball. The basketball has a very specific function; its round form allows it to bounce with precision. Now, if the basketball were to change shape, because of tension or usage, it would no longer bounce with as much accuracy and its overall performance would be affected. Once again, we see how structure governs the function.

Pierre Tricot, a well-known osteopath, uses a nice example to illustrate this principle. Imagine an electric circuit, made up of a battery, a light bulb and electrical wire. The battery, the light bulb and the wire represent the structure, and their function is of course to create light. If one of the structures is affected, the function will also be affected, and the bulb will not light up.

Some osteopaths also say that the function can have an impact on the structure. To a certain degree, I agree. But when we deepen our understanding of the real causes of tension, we realize that the structure or shape is affected first, which then in turn affects the function. A tension, no matter what its source, acts upon a living tissue. The living tissue contracts or reacts, and from that point on, will behave in a certain way.

3RD PRINCIPLE: THE BODY IS A FUNCTIONAL UNIT

When anatomists began to study the body for the first time, they were interested in discovering how the human body really worked, in a concrete manner, from the inside out. They wanted to discover all of its components and their interrelationships with one another. They also wanted to communicate clearly their discoveries and realizations, even if only amongst themselves, which meant that they had to index and name each part of the body, as minutely as possible.

For example, planet Earth is divided into continents, countries, provinces, cities, villages, neighborhoods, streets, etc. But in reality, these divisions are completely artificial and don't really exist. They only exist on maps that have been created by human beings. It is men who have created frontiers, not Nature.

In reality, the United States, Canada, Mexico, Central and South America are all one. Divisions don't exist. They are fictitious.

In the same way, the human body is in reality not divided into parts. It is One. Yes, there are different types of tissues that differentiate themselves to create the liver for example, or the right meniscus of the left knee, but when we attentively observe a dissected body, we realize that all the tissues melt into one another.

A muscle for example is attached to the bones through another tissue that we commonly call a tendon. At first sight, we are under the impression that we are in the presence of three different tissues: the bone, the tendon and the muscle. But when we take a closer look, we realize that there is only one tissue which changes shape and composition.

The closer we get to the muscle's extremities, the more the tissue becomes denser, rigid, and loses its contractility. It is this differentiation that takes on the name of "tendon," but there isn't really any clear limit that determines the end of the muscle and the beginning of the tendon.

The tendon is attached to the bone. But by observing more closely, we realize that it literally melts into the bone. The extremity of the tendon calcifies and fuses with the superficial layers of the bone itself: the periosteum. It is extraordinary!

The entire body is connected. Yes, the tissues differentiate themselves from one another, changing shape, appearance and function, but there doesn't exist any real division between them, contrary to what we imagine or see on anatomy charts. In reality, the entire body develops from one original cell. All the varying parts we see in a mature human being are the expression or various tones of that primary cell.

When we see the body only as a set of different and distinct parts, like the pieces of a car or any other machine created by man, we lose sight of the whole.

When we go to a doctor, for example, who specializes in ORL (Oto-Rhino-Laryngology: the study of the conditions of the ear, nose, sinuses, throat and neck), he does not necessarily consider that the ear is part of the temporal bone, which is part of the cranium, which in turn is composed of eight bones that are directly connected to the spinal column through the dura mater.

He doesn't consider the impact of the sigmoid colon on the alignment of the pelvis, as well as its link with the cranium, and the possibility that it may affect the cranial sinuses. He doesn't see the body in its totality and is only interested in details.

How can he then understand why, for example, the ear is blocked or the throat irritated? If we neglect to view the ear as a part of the whole, how can we hope to actually solve its suffering?

Furthermore, as time advances, science and medicine go deeper and deeper into more and more minute details. They don't even look at the organs in their entirety anymore. Instead they zoom in and look at the cellular biochemistry of the organ and try to explain the dis-ease at the molecular level, or even at the level of atoms and electrons, without realizing that the body is an indivisible whole and that every part is alive and interacting with all the others.

For example, when a patient comes to see me for shoulder pain, the pain is very rarely originating at the shoulder per se. In reality, a shoulder doesn't exist. It is made up of three bones that articulate together. They are stabilized together by ligaments and different muscles that allow for movement. The shoulder girdle, consisting of two shoulder blades, two collarbones and two humeri (bone of the upper arm), is fixed on the thoracic cage and is articulated with the sternum. To this are attached many other muscles, including the pectorals, the trapezius muscles, the sternocleidomastoid muscle, etc.

As you know, the thoracic cage, on which the shoulder girdle is placed and fixed, is directly connected to the lungs, heart, liver and other vital organs. This means that if there is tension in the liver for example, this can affect the shoulder joint, or if there is tension in the neck or at the level of the cranium, this can affect the heart, which will in turn have an effect on the shoulder.

There are a lot of connections between the different parts of the body. There are also many pathways to get to any one part. The examples that I am giving are linear, and they are meant to help you

visualize and understand in a very simple and concrete way how the body functions. In reality, these same principles are operating constantly, at every level, in very complex and profound ways, taking into consideration so many variables simultaneously. Once you have developed some body awareness, you'll be able to feel everything that I'm talking about within your own body.

The Genius of the Human Body

When we begin to realize that the human body is a masterwork of artistic and engineering brilliance, when we comprehend that this living machine was born out of "nothing," and that nine months later it came out of the mother's womb, perfectly formed and functional; when we allow ourselves to be touched by Life and its greatness, we realize without a shadow of a doubt that there exists an Infinite Intelligence that governs and manages Nature and Creation. From that point on, we devote ourselves to the study of this Intelligence and the in-depth understanding of its laws and mysteries, rather than trying to control it.

Since the beginning of time, human beings have been worshiping this Power, giving it different names and associating it with different forms. Today, in our modern society, we have lost consciousness of this Power. Our world has become completely and utterly materialistic, that is, anchored in only what is visible. Nowadays, what we can touch with our hands, or see with our eyes (especially on a digital screen) is the only thing of value.

With this in mind, the human body has gone from being seen as the greatest marvel of Creation to a fragile, unpredictable and unstable machine that can at any moment break down. It now requires external support in order to function properly. It needs medication, medicinal plants, supplements and all kinds of therapies in order to survive.

By eliminating the Divine from our lives, we have at the same time eliminated the sacred aspect of Life. Nothing is sacred nowadays. A tree is nothing but a simple object that can be transformed into paper, construction material or firewood. The earth is there for us to exploit, so we can extract from it the resources we need, in order to transform these into objects. Even other human beings are nothing but resources we seek to exploit in order to gain something from them.

In the same way, the human body, the sacred Temple of Life, has been reduced to yet another natural resource that we can overexploit in order to extract pleasure, sensations, fame, glory, and the list goes on.

And of course, when we stop being able to extract from it what we want, out of exhaustion and overexertion, we immediately blame genetics, a bug, old age, or an internal dysfunction to justify the situation. Luckily for us, thanks to our mother science, we can now, more than ever, "rectify" the situation and continue to live the same lifestyle as before, without ever having to discover what was wrong in the first place, or what is truly happening and why. We can blindly continue our hedonistic lifestyle in the hope of finding the ultimate high, never stopping for a moment to question ourselves and our lives.

The human body doesn't make any mistakes – ever! Ponder this truth for a moment. Allow it to stir up your unconscious mind and dare to see where it leads you.

4TH PRINCIPLE: THE BODY HAS THE CAPACITY TO SELF-REGULATE

All living organisms on Earth have one single priority: to survive. Therefore, all living organisms have, to different degrees, the capacity to ensure their own survival. All instinctively know how to react to external threats, adapt to circumstances, feed themselves, find a space where to live, and of course, if injured, to heal or fix themselves.

Take note that this intrinsic knowledge is encoded in the genetics of all living organisms. They all know, by default, how to do it, just as the human body knows by default how to breathe. It is not something that has to be taught. It is the impulse of Life itself that regulates this mechanism, and it uses genetics to express its potential into the world.

Everyone has already had the experience of cutting their skin or hurting themselves in an accident. Everyone has already witnessed thousands of times the healing power that the human body possesses. When we cut or hurt ourselves, we don't really question what will happen. We know that it will fix itself, naturally. However, when we suffer

from a so-called serious pathology, suddenly, this same power seems to fly out the window and disappear from our consciousness. "*But of course*," some will say, "*It is not just a simple wound anymore, now we are talking about a disease. The body cannot fix this kind of problem. Disease is caused by a faulty body*."

Another Look at Disease

In the light of everything that we've discussed so far, when the body develops a pathology, in reality we are facing the consequence of tensions blocking the artery complex over an extended period of time. All the symptoms that we observe are but the body's attempt to self-regulate as best as possible, given its circumstances.

If the body is incapable of releasing the deeper tensions at the core of its suffering, it is because somehow these very tensions are offering it a form of stability and protection, and it is now dependent on them for survival. Ironic isn't it?

The so-called disease is therefore in some way a complex survival mechanism in itself and not a problem per se, proving once again the spherical multi-dimensional Intelligence of Life and Nature. Nothing is ever wasted!

This also implies that beneath these core tensions exists a lesion that the body is incapable of healing or addressing at the moment. A lesion that is evidently beyond its sphere of influence, which explains why it is now dependent on these tensions or compensations in order to survive. In other words, tensions block the artery complex and generate a myriad of symptoms that we can call disease. Beneath all tensions exists a deeper truth, a lesion, or energetic leak, which is the very reason why the body responded with these restrictions in the first place: to create a protective shell, and a compensational reality that would keep the attention at the surface of the underlying reality.

What Exactly Is Self-Regulation?

The power of self-regulation means that the body has the capacity and inner strength to adapt and restore balance when there is a change that is threatening the system. In biology, we call this homeostasis. At

every moment, billions of reactions take place within the human body. The latter is constantly subjected to internal and external tensions and must make sure that the inner conditions remain balanced and stable at all times. Temperature is only one phenomenon amongst many others that must be regulated in order to ensure the survival of the organism. As soon as one physiological variable fluctuates, the body must adapt in order to ensure the protection and maintenance of the system.

I call the intelligence or energy behind this self-regulating potential the "*sustentive*" power of the human body. Sustentive is derived from the Latin *sustentare*, meaning to support, to keep straight, to maintain. It is the power that takes care of managing daily life. When I hurt my finger, scratch my knee or suffer from indigestion, when I run a marathon or when the outside temperature changes, when I eat a big desert, it is this Intelligence that comes into play in order to maintain balance within the organism. This Force is present in the young and old alike. Without it, we would very quickly die.

It is imperative for the body to always have an energy reserve, in order to ensure that it is able to maintain balance at all times. An old man, affected by medication and exhausted by the weight of age, despite appearances, still has a certain self-regulating potential. We cannot ask too much of his system, of course, but he is still able to maintain a certain internal balance.

As soon the body becomes so depleted that it needs to use up this reserve, the person doesn't have much longer to live, at least not without external intervention, and even then nothing is guaranteed.

When confronted with an ailing person whose system is unable to re-establish balance or cannot seem to recuperate, we can, with the help of specifically selected movements, physical activity, plants, remedies, treatments, foods, and herbs, re-engage the self-regulating system, thus allowing the body to complete its internal healing process.

The more a therapy is geared towards actually liberating the artery complex, the greater results it will achieve. Movement, for example, does increase blood flow and has positive effects, however, more often than not, it will not release the blockage constricting the artery complex, which is what is required in order to re-establish the

self-regulating or sustentive power of the body. When we release the vital liquids and free up the nervous system, the tissues will inevitably regenerate themselves. What's more, most symptoms associated with the specific blockage will also slowly but surely fade away. It's truly as simple as that. Remove the tension and watch Nature, through her self-regulating system do her wonders.

Healing

Why is it that when we suffer from indigestion, fever, or even break a bone, in most cases, we know beyond a doubt that the problem will resolve itself. Sometimes, we may need a bit of help, either from a plant remedy, a therapist, or some basic medical intervention, but we know that the body will heal.

What happens when someone suffers from cancer, for example? We know that cancer is a symptom, like every other pathology, but what is the difference between everyday challenges and these more serious "diseases"?

Why is it that the body cannot heal from these diseases and that in most cases, even if we do get help, it cannot actually resolve the problem?

When we are speaking of a cancer, or an auto-immune disease, we must understand from the get-go that we are speaking of a very profound issue or lesion, and that for such a symptom to manifest, it means that it has been brewing a very long time, sometimes even for generations. It goes so deep, it now lives in the very fabric of our being.

Again, I stress this, these diseases are not diseases, but symptoms. All symptoms are the expression of a compressed artery complex in time. In other words, a person who suffers from let's say a colon cancer is, in reality, experiencing an overpowering artery compression, and has been managing the situation for quite some time. That specific area of the body has had to undergo many challenges and find many ways to compensate over the years. Eventually, it cannot cope any longer in the traditional sense of the word, and the "cancer" becomes the new solution. Symptoms are the expression of intelligence and in reality, although they may be unpleasant, they are elaborate ways to dissipate pressure and tension, and ensure survival, in the face of the current situation.

As mentioned earlier, the artery complex compression is actually a protection mechanism, and it hides deeper beyond its walls the true lesion or energy leak. That lesion is not merely a physical weakness. It is directly linked with deranged mental patterns, which express themselves as weakened tissue, which must be reinforced by tensions, and their compensational process.

There is a lot to take in here, and perhaps many of you will get lost. Please don't worry. What I am trying to say very simply is that the body is not just a body. It is in reality a mental matrix. Our bodies are essentially the physical expression of this invisible mental web.

Original Blueprint

In some utopic reality, the original blueprint of the human body was perfect, which meant that the body had no weakness and no need to compensate to survive. As we will see in the next chapters, something happened, and this original program was tampered with. From that point on, the body, as well as the matrix that holds it, has had to find ways to compensate for its inherent lack in order to ensure its survival. These mental disturbances and their correlating expression in the physical body cannot simply be "healed" with basic plants, or body manipulations. The sustentive power manages to find balance despite these profound lesions, but it cannot reach deep enough to actually fix the problem.

In order to heal from such profound transgenerational and karmic diseases, we need to literally rearrange the code. The mental matrix that constructs the body must be reformatted. When the mental loophole is addressed, the generative healing power of the body is unleashed. This power is the primal sexual potential. It is this atomic power that heals the energetic leak, or plugs the hole, releases the compensational tensions blocking the artery complex and rebuilds the body anew.

To release or re-structure the mind from that level takes a tremendous amount of work, willingness, courage and resilience. To heal disturbed mental patterns and re-establish organic equipoise is a rare occurrence, and when we do succeed, it unlocks the body and allows for an extremely transformative experience that will echo in time and affect generations past and future.

I am simply scratching the surface here of a very complex and profound subject, but I felt the need to present it as simply as I could to inform the reader that there are levels to the healing work. When we unlock this sexual or generative power through mental surgery, we are essentially playing with atomic forces. It's not a game, and must be done by a competent medicine man. There are many forces at play, rules and regulations, and if we wish to succeed, all powers must be respected, and all actions sanctioned by the divine authorities that govern the Body and Nature.

Beyond the Generative Power

We have spoken about both the generative and sustentive powers of the body and how they can respectively help us find more balance, but a deeper question remains. Why are we human beings disconnected from Life in the first place?

Why is it that we no longer know how to live on planet Earth, how to eat and take care of our own bodies? Why is it that we no longer know who we are, where we come from, and why we are here? Why do we live in constant fear, and never really find any genuine peace throughout our lives, despite all our efforts? Why do we need external authorities to tell us what is right or wrong and how we should act? Why don't we instinctively know, like all other life forms on Earth, how to simply be?

Healing, in the truest sense of the word, is in my humble opinion a process that helps human beings rediscover their intrinsic humanity and address, once and for all, the fundamental lesion, which has been haunting them since the dawn of time and which is what I call the primary lesion.

It is a process by which we reclaim our long-lost heritage and reconnect to the Power of Life, or God, directly.

The Living Medicine

There exists a deeper healing potential within the human body, which can heal Man from his disconnection from Life, the true disease that lies at the heart of all others. When this Force is put in motion in an

organic way, it offers us the opportunity to heal from our inhumanity. A profound change occurs in the body, and we begin to awaken to our own human nature. We begin to feel again, like a bear, a lion or a spider does. Our instincts come back online and we slowly reclaim our primal powers.

Imagine for a moment a lion caged in a zoo since birth. Although the beast in front of us is a lion, it no longer has anything to do with a lion, except for its appearance. Yet despite everything, inside of that creature sleeps the king of the jungle, with his ferociousness, elegance, power, speed and agility.

In the same way, human beings have been living in a zoo for generations. Our true raw potential has been covered up and taken hostage. We can't even remember this possibility anymore. However, when the Living Medicine awakens and starts to circulate anew, the body/mind deconditions itself from eons of social conditioning and we slowly reconnect to our instincts and original primal force.

The Living Medicine heals the human being from the real pathology from which he suffers, that of being disconnected from his Earthly Mother and Celestial Father, in other words, from Life. The body opens up from within, like Ali Baba's Cave, and the living Library of God opens once again.

We often forget or do not seem to realize that the human body is the living Temple of God, and the reason we human beings suffer today is because we no longer have access to the essential Reality underlying all of existence. The Body is in lock-down. We cannot enter into the temple and gain direct access to Life. The mental disturbances that have evolved over time have literally changed the code and blocked our entry. They have isolated us from the Power of Life, and through the process, transplanted our attention into a false reality we can call the System, or the artificial world. This artificial universe is based on disease. It is a world born from lack and fear. When we isolate human beings from their true source of Power, they adapt to survive. The world we live in is the outcome of this primordial disease.

The Living Medicine has the capacity to heal human beings from the primary lesion and rebuild the body according to the original blueprint. In other words, the body, instead of being a cage for the soul, becomes the House of the Soul, which can directly commune with the

God Power sustaining all life. This divine medicine essentially reconnects us to the Tree of Life that lives inside our very own body, through which we can find nourishment, knowledge, peace, love, and the energy necessary to serve creation.

CHAPTER

3

[Searching for the Primary Lesion]

BACK TO SCHOOL

There is a myth that haunts humanity. This myth is encouraged by our educational institutions, the media, as well as the masses themselves.

Since childhood, we have been conditioned to believe that the human body is complicated, and that it's the job of doctors and therapists, who are educated and who have spent many years in school, to take care of us, to tell us what's good for us and what's bad, and most importantly to teach us how to "be healthy."

Believing in this myth strips us of our power, and we don't even realize it. Ignoring it, on the other hand, and instead affirming that we can heal ourselves through positive thinking doesn't help us either, especially considering our current situation and the extent of the conditioning.

Health or rather disease is an industry that generates billions of dollars every year. Millions of people live off and depend on the sickness and suffering of others. Furthermore, currently, millions are living off the dream of being healthy and of living happily – I am referring here to the mass propaganda of "health" products and everything that has to do with the industry of well-being and happiness.

It is important to understand that the more people are dependent, the more the industry generates money. That's all there is to it. For the industry to continue growing, there must be new problems every year and new miracle solutions that encourage us to consume the new products and services that will ensure that we maintain or go towards "optimal health."

In other words, it is to the advantage of the health industry that you remain ignorant of reality. This is just as valid for the pharmaceutical companies as for the natural product companies, as well as your favorite doctors and therapists. My intention isn't to make any negative comments about them, since I have many friends and acquaintances that work in these fields, and I know for a fact that they are fundamentally good people. However, they are part of a System that, by default, fosters and even promotes disease.

In reality, the human body is not complicated. Everybody has a body, and everybody has direct access to intrinsic knowledge. This is exactly what the human body is for – to offer us knowledge and wisdom, instinctively, through the intermediary of a nervous system that

is aligned and healthy. This is the key to taking our health and lives back into our own hands.

Never forget that all forms of life on Earth have but one single objective: to survive. Their machine is therefore programmed to be self-sustaining. They know exactly what to do and how to do it, at all times and in all circumstances.

Why would it be different for human beings?

If we go back to my first day in osteopathy school, what I realized was very simple. I understood or remembered experientially that my body is alive, that it isn't separate from me. I live in it, and if I give it the chance to do so, it can actually take care of itself. It can even communicate with me, teach me and guide me.

All it requires is that I take the time to learn how to re-establish an intimate relationship with my body, which is a simple thing per se, but because of our conditioning, it turns out to be quite challenging.

For some this may sound kind of "strange," but I assure you, there is nothing more basic. Our body is the horse we use to ride through the material world. This is quite literal! Just like the horseman learns to establish trust with his horse, we also need to learn to establish a relationship of trust with our own bodies.

If you have seen James Cameron's movie Avatar, you might be better able to visualize what I am talking about. We literally need to learn how to "operate" our body, to know it, and to "tame" it. When I say this, I'm not just talking about the external aspects, like movement, strength and agility. I'm also and particularly referring to the internal functions that keep the body healthy and alive.

WORDS CANNOT REPLACE EXPERIENCE

Of course, if you want to be able to name all the different parts of the human body, you will need to take an in-depth anatomy class. If you want to impress people with your knowledge of embryology, you will need to take classes and learn from competent specialists in this field. If you want to talk about molecules, cellular chemistry, and the likes, you will need to take courses in order to learn this language. However, a child who hasn't yet learned how to speak is not an idiot, he's not

ignorant or disconnected from reality; quite the contrary. In other words, there is no need to be able to name all the parts of the body in order to know them and to have a practical experience of their internal functioning.

They are right there, under your own skin. It is imperative to realize that it isn't the words that give us access to wisdom or knowledge but rather the direct experience of life.

Unfortunately, what happens with time is that words become more important than the objects or experiences that they are supposed to describe, which is very paradoxical.

A word is nothing but a box that encapsulates an idea, an emotion, an experience, a tangible or intangible reality. The word is not the phenomenon per se. The phenomenon already existed and will continue to exist even without the word. It is through the senses, gross or subtle, that we can perceive and experience a reality. Words on the other hand simply allow us to communicate, to render things concrete, to get another person to notice an experience, or phenomenon, with the help of the mind and intellect.

A word is essentially a pointer, nothing more. It is not the experience in itself. But since the mind is able to create imaginary worlds that can eventually affect and influence the body, you will understand the power of words in a world where most people are completely desensitized to the more profound reality of their bodies and beings.

When the real and tangible experience is inaccessible, and when words and concepts become an end in themselves, we then get lost in semantics and in the vortex of the mind, which tries its best to hold on to a concept without having an authentic experience to validate its view. This is how dogma, fanaticism and power games are born, which aren't limited to religion, but apply to all fields of life in which language is used as a means of communication.

In fact, all of science is built on a model that prioritizes words and numbers. In certain cases, science confirms that the words it uses represent a natural or biological reality, but as I am trying to explain to you, you will never be able to understand the human body by observing it from the outside, just like you will never really be able to understand gorillas by patiently observing them for months, or even years. You

need to be a gorilla to understand a gorilla. You need to be the body to understand the body. And nothing is easier.

Moreover, I would like to clarify something here. I have absolutely nothing against science, or against anything else whatsoever. However, there is something out of balance in the world today, and that's what I want to bring to your attention. Science is supposed to help man live a simpler and easier life, however as things stand today, man has become a servant or even a slave to science, which has essentially become the new god. Man has completely surrendered his power to science in hopes of being saved from his own humanity.

We cannot experience Life mentally or intellectually. We cannot know the real meaning of words either, just by knowing the words. We cannot know the Word of God from a book, as holy as it may be.

This does not mean that we have to neglect the mind and intellect. Nevertheless, we must also remember that true intelligence has nothing to do with either of them.

This part is difficult to grasp nowadays because our society puts so much emphasis on intellectual and mental development and all that derives from it, such as science and technology.

The truth is I don't need to understand that the color red is supposedly created by the refraction of white light to be able to experience it directly. Once I have experienced it, if I wish to entertain myself, I could listen to the discourses that "explain" how white light is divided into its different components. However, this will not change in any way the color red, which existed before the explanation and which will continue to exist afterwards!

In fact, for most people, mental explanations will act as a barrier, preventing access to direct experience of the color red. In other words, they will not be able to really experience and know what red is anymore, since now there will always be this veil in front of them, projected by their mind, that believes it understands the very essence of red.

Words have been created in order to communicate an experience or a phenomenon, whether internal or external. These days, we are no longer concerned with the reality to which they point, but rather with the words only. We go to war because of words. We fight because of words, without realizing that words are limited. They are empty. They

contain no knowledge, no wisdom, no understanding. They are nothing but boxes or empty carcasses.

Words become meaningful and valuable in the light of an experience. What gives actual power to words is the reality behind them. What makes them transformative is the Life animating them. And Life never comes from the mind or the intellect, which are nothing more and nothing less than robots or intelligent applications.

How many times have I run into someone that has automatically asked me: "*Hi, how are you…*?" These are nothing but words. The person is in a hurry, and he or she is already 500 meters away from me. Clearly, they don't have time to find out how I'm doing. Their words have no value and do not touch me at all.

However, when another person asks you the same question, using the same words, but sincerely wishes to know how you are doing, immediately, your heart opens up and your body relaxes. Is it the words that had this effect on you, or rather the intention behind them?

All this is to say that we are under the impression that health professionals, whether they practice natural or allopathic medicine, because of their words, know and master the human body better than us. This is nothing but a myth. They might have learned to palliate symptoms through methods that you haven't had the chance to memorize, but this has nothing to do with truly knowing the body.

Furthermore, in today's age of information, through the Internet, we can access all this so-called knowledge more or less at any time we want, and for free.

Explain this to me: how can memorizing a drawing (of anatomy or physiology) teach me anything about the human body? How can spending hours studying letters (in molecular chemistry) and chemical equations allow me to better understand the human body? All this has nothing to do with the human body. These are nothing but ideas and concepts. Nice stories that we become attached to in order to feel secure in front of the Infinite. Look at the result: a diseased society that is destroying itself and destroying the planet.

How can looking at a picture of the pyramids or the Grand Canyon help me experience them? It cannot! Although it allows me to dream, that's for sure! In the same way, studying the body from books doesn't

actually allow us to experience it. It remains foreign to us. However, books allow us to dream about it and to imagine it.

Through drawings, words, or even letters and numbers, I mentally understand an idea or concept. But in no way do I actually experience the human body. The human body is alive! It is infinite, just like Life is. The only way to know it is to dive into it, like a drop of water merging into the ocean. You cannot contain the greatness of Life in a box, or in a chemical equation.

Calcium?

Have you ever seen an atom of calcium? Have you ever seen an amino acid molecule? Have you already met an omega-3? The answer is probably no. So, essentially, you don't really know if they exist. Although we trust chemists, we don't have any real idea of what they're talking about. It is nothing but a concept for us. In fact, this idea, as I was mentioning earlier, is trying to communicate a phenomenon to us.

However, we have access to the phenomenon, directly, through our bodies. Why not dive into this reality, experience it directly, and then discuss the Genius of the human body that we are discovering with other seekers? Wouldn't it be more beneficial for all?

If we want to teach other people about the human body, it is not the words that will educate them, but rather the Life behind the words stemming from a direct experience that will touch their heart directly. This is what will inspire them to also embark on this inner journey and to discover reality for themselves, and this is what the Living Medicine Revolution is truly about.

Empty words intimidate us and make us feel stupid or ignorant. Learning sophisticated words doesn't make us a better person and doesn't allow us to grow in consciousness. It doesn't allow us to find inner peace and calm either. However, this newly acquired vocabulary tickles our artificial personality and incites us to consume even more books, information, products, courses, trainings, therapies, etc. It encourages us to have debates and impose our ideas. It keeps us stuck in an imaginary and conceptual world, and prevents us from directly experiencing reality, which is the source of vitality, power and wisdom.

What Is Hidden Behind Words?

I have nothing against biochemistry, anatomy, biomechanics, and all the other fields of study. In fact, I have studied these subjects enough to last me an entire lifetime and still I continue to deepen my studies. However, and this is the point I am trying to make here, despite our greatest efforts and best intentions, knowledge at the level of words will never really be able to conceal the fear that haunts the heart of man when faced with the greatness of Life. He may well be "educated," but the mysteries of the human body as well as disease and death will continue to haunt him despite everything.

That's why human beings, frightened by Life itself, desperately try to control it. Through words, a cell suddenly becomes so small, so simple and, most importantly, so controllable. It is no longer living. It now becomes a sophisticated diagram and a set of chemical equations. Thus, we can now apprehend, visualize and imagine it. It is summarized into one or two chapters of a physiology book; we've reduced it to a couple of hundred pages!

And yet reality is quite the opposite. A cell is infinite. It is so big. It is alive. We could spend an entire lifetime studying it. Why then try so desperately to reduce it? Why not simply dive into it and experience it for what it really is?

Words have become more important than experience. And we hide behind them precisely in order to protect ourselves from the intensity, the greatness and the majesty of Life.

To stand in front of a lion, to watch it on our television screen, and to read about it on the Internet are three completely different things.

To play sports and to follow sporting events on television (or in the newspaper) are two completely different things. How many sports fans watch elite teams performing? I don't blame them; the players are like gods. But for the most part, these fans don't even play the sport that they admire. They prefer to watch other people play and to imagine themselves playing. We do the exact same thing with words. We prefer to memorize them and juggle with them, rather than experience their essence.

The human body is not something outside of us. We can read about the human body in books and even enjoy them to a certain

extent, but we will never be able to have a direct experience of the body through words, no matter how ingenious they may be.

For as long as words will take precedence over experience, we will not be able to discover the truth about the human body, nor understand health and disease, and consequently we will have to perpetually live in fear and uncertainty, which only so-called health professionals will be able to pacify, by playing, in a certain way, the role of our saviors in our life. In other words, we will give away our power and remain dependent, just like any good consumer would!

This is how the health industry is growing. One person plays the role of the savior, while the other plays the role of the victim. But reality is quite different. There are no victims, no saviors, nor even aggressors. There is nothing but the human body, a living library of knowledge, waiting to be accessed, respectfully, in order to reveal to us the secrets and mysteries of Life and Creation, free of charge and completely independent of any social status, ethnicity, gender, beliefs or sex.

The Consequences of Meaningless Words

The WHO (World Health Organization), the global authority on health and health initiatives defines health as follows: "*Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity*."

Can you tell me exactly what this means? What is a state of physical, mental and social well-being? Who determines this state? Do we have any examples? And most importantly, how do we achieve it?

To such questions, we will have the usual answers that encourage us to exercise, eat healthy, drink water, sleep adequately, stop smoking, eat more fruits and vegetables, adopt a good attitude, think positive thoughts, and find a fulfilling job, and so on. But concretely speaking, what is health? Beyond the absence of disease and infirmity?

In reality, the average person (and this includes doctors and therapists of all kinds) doesn't have the slightest clue, and it is this ambiguity that allows the media to introduce images and information that we will associate with health, and which will motivate us to consume their products.

Since we don't really know what "health" is, and we most certainly don't know how to practically attain it, how can we afford missing out on the amazing opportunity to access the paradise called health, or rather, painless living, with the latest miraculous pill, containing a unique herb that comes from the most remote areas of Earth, where monkeys still eat bananas! With this super plant, our problems will miraculously disappear! No need to look at ourselves, or our lives, nor change anything in our way of living. This pill can do it all!

The Paradox

Clearly if we pay attention, there is something that doesn't make sense in our approach to health and our way of addressing the human body. Even though we "know" the human body better than ever, it has never been as dis-eased and as medicated as it is today. Yes, at the surface, we live longer lives, but internally, we have never been so deprived. Paradoxical, don't you think? The more we seem to "know" about it, the more the human body seems to suffer from all kinds of imbalances, the more humanity suffers as a whole, and the more the Earth suffers, all of which pushes us to consume even more. All of this is, of course, beautifully hidden behind a façade of propaganda selling us the dream of a world of love and equality. Yet if you actually take the time to speak with people, you will quickly realize that they have never been so internally divided and anxious as today, and the trend is only growing. Again, paradoxical, don't you think? The more Facebook and social media grows, the more our social persona thickens, the more we hide our real internal reality, and the more we grow internally restless and unhappy.

Some believe that because the average life expectancy of men and women has increased throughout the years proportionally to the advancement of medical sciences and technology, that we really are in better health thanks to them. Yes, it may seem that way… But look at how people live their final years, and notice from what age onward they become dependent on medications, on social services, etc.

Pay attention to the level of maturity and inner wisdom of elderly people, who are nowadays often confined to old age homes and hospitals, rather than being the actual leaders of our civilization. Don't you find it curious?

One thing is for sure, the longer they will live, the more they will consume!

Social well-being

Do you know how we can quickly determine the level of well-being of a society, a country, a population, or even a person?

No, it is not through psychological and scientific tests. It is much simpler than that.

We can evaluate the level of well-being of our population (or lack thereof) by looking at our consumption levels.

Consuming essentially entails that "there is a need." If I need something, it means I am lacking something. There is a void. Something is not being fulfilled, and so I am suffering.

Everyone will agree that the majority of people in Canada, the United States and in Europe have access to shelter and food. For those who do not, it is probably deliberate or due to a psychological condition, since there are countless programs to help these individuals. Nevertheless, for the great majority of people, all the basic needs are met and then some. This being said, how can we then explain the growing levels of consumption? What is this need that people are trying to fulfill so desperately?

The truth is there is a great void in the hearts of people. It is this void that pushes and encourages them to consume. "*I want that new smart phone; I must have that new jacket; I am dying to buy those skin products; I am dreaming of going on this or that trip; I would kill to have that car; I absolutely have to see that new movie; I want her so badly that it hurts; I need you*." All these are but a few examples of familiar sentences that we hear on any given day.

But don't think that consumption is limited only to products bought in stores. We also consume ideas, fantasies, beliefs, thoughts, energies, emotions, toxins, sensations, stimuli, drugs, experiences, people, sounds, etc.

Essentially, we are seeking at all cost something to stir up the calcified life inside of us, making us once again feel alive, even if only for a brief moment.

So, if consumption is an indicator of the level of well-being or ill-being of a society, you will quickly understand that our world is in a declining state, in spite of technological progress and the wave of new age philosophy that is flooding the psycho-pop market with its "spiritual" and "positive" theologies.

When Something Is Missing

The better we understand the human body and the process of health, the clearer things become. Look at the world today. What do you see? Exhaustion. That is the heart of the matter. Hate, envy, jealousy, constant arguing, egotistical lifestyles, hedonism, etc., are all, in reality, by-products of exhaustion.

The average individual is unable to access any form of genuine energy, whether within his own body, or via the elements and proper nutrition on the outside.

People are so depleted and their nervous system so overloaded and taxed that they have become walking zombies, constantly looking for something to eat.

This may sound gloomy and negative, but this is far from being the case. It's just the truth. Again, with a clear understanding of the human body and how it all works, everything becomes crystal clear.

In the absence of energy, it goes without saying that we will desperately look for a source of energy that will sustain us, even if only artificially, just to survive. This is exactly what is happening in the world around us, and why we are incessantly consuming.

Furthermore, the more depleted we become, the more we need an intense jolt of toxic drugs to get us back into motion. The epidemic of unhealthy relationships, perverted thoughts, misaligned actions, toxic foods, drugs and alcohol consumption, and on the other hand, superfoods, medicinal plants or drugs, spiritual retreats, festivals, mother tinctures, yoga asanas and pranayamas, are all extreme means of trying to extract from the body a form of response that will push it into action.

When your system is depleted, all you truly seek is something to push iWhen your system is depleted, all you truly seek is something to push it into further extremes to get a rush of energy, to temporarily

push you forward. It's a desperation move, but when that's all you have left, it's what you take.

Let's be clear, we can blame the world outside as much as we want, but truth be told, genuine energy comes at a price. Genuine inspiration lights a lamp unto your inner world and shows you where you are blocked. That's how true power is harnessed. Not by intoxication, or mental obsession, but by purification. A true nutrient doesn't irritate you. It lights up your systems and awakens consciousness. That consciousness immediately scans the body/mind for any obstructions to the flow of Life, then hones in on any restrictions and begins to work. In other words, true energy is the result of a clean vessel capable of channeling the Power of Life. Everything we acquire from the outside in the form of food or elements is to facilitate this channeling. We do not get energy from plants or other foods. If we do, you can be certain that these plants are mere stimulants or irritants. Energy is from Life. Nutrition, in the true sense of the word, is not designed to give you energy, contrary to what you have been made to believe. It is to fortify the human body, so it can ground the Divine Intent and channel the Power of Life. Life is the wind in our sails. Glucose, proteins, fats, etc., are there to build the container so it can receive and respond to the Inner Call. It's the call that makes everything come to Life.

About the Internet and Technology

The Internet and other similar media (television, cinema, videos, etc.) have a tremendous impact on the nervous system. Once the nervous system has had a taste of artificial lights and sounds, it becomes almost instantly addicted!

For the average person who urgently needs "energy" for survival, or rather, a place to "get away," technology offers the perfect solution. It is able to stimulate and sustain the nervous system, and extract even more from the body, even when you are exhausted. If you would consume for example a coffee or a cola before sleep, at first, you wouldn't be able to rest. After some time, you will adapt. Technology on the other hand is so foreign to the natural rhythm of life that it completely hacks into your systems and holds you up, pushing and consuming endlessly. It's amazing how powerful these technologies are.

If you have already spent a sleepless night surfing the Internet, you understand what I mean. You are pointlessly clicking, unable to let go of the machine and face the void of your life, exhausted, but stuck like a zombie in front of the machine. In fact, some of my patients have reported being completely addicted to the Internet, and some can't get more "sleep" than 2 or 3 hours per night. In fact, they don't sleep, they just fade out for a few hours, and fade back in. And that has been going on for years.

The more the nervous system is taxed and disconnected, the more the void within grows, and the more we instinctively consume in order to survive, whether it is the Internet or any other product. The compensations will give us a certain "High" (stimulation) or "Low" (depression), which will stimulate (or irritate) the nervous system, giving us the impression of being alive. In that stimulated state, we will take certain actions that will generate certain reactions, thus putting our life into motion, so to speak, which will keep us occupied for a few hours, or even a few days.

Being exhausted also means that we become an even bigger sucker. We suck off people, opportunities, and make everything around us complicated. Our end goal is to draw attention and energy out of these different situations. In other words, nothing seems to ever work out concretely. Our life is plagued with complications and drama. And that is the whole point. That is a form of energy. Toxic as it may be, it works wonders for the depleted. It keeps you busy and spinning, like a hamster on a hamster wheel.

Furthermore, the more the nervous system is depleted, the more it loses its sensitivity and receptivity. It becomes anaesthetized. This explains precisely why a person can drink more than a dozen coffees a day, without even feeling the effects! The body has become completely immune to coffee. This is why we are no longer affected by the atrocities that are going on in the world. We don't perceive them anymore, in spite of "seeing" them on television. In reality, our nervous system, which is our true antenna, cannot handle any more information about Life. It is literally "offline," which explains why we no longer experience genuine compassion for our brothers and sisters, as well as our cousins, the animals on Earth. We are disconnected, although we may have learned to play the sympathy card towards others. In reality, we have become completely desensitized.

The "Green" Illusion

Nowadays, we have the choice of being informed consumers, which is a positive thing per se. But do not be fooled by the new wave of "green" propaganda that is trying to distract our attention from the real problem.

No matter the color of what you are consuming, the disease remains the same. I can buy organic products, as well as natural green products, but does this really change the fact that I have a growing void inside of me? Consumption remains consumption. You will not change the world by consuming green; do not get caught in the trap! The only way to change the world is to address the real problem, which is this inner void that cannot be fulfilled by external products! Of course, if I have the choice between consuming green or gray, I will go for green, but the color of your consumption is not a real solution in itself.

As a matter of fact, an acquaintance of mine who used to be at the head of a big "eco-friendly" business overtly calls himself a green capitalist. Capitalism is synonymous with perpetual consumption. The way in which they (the green capitalists) will convince you to buy their products is by evoking in you the desire to be healthy and to save the Earth. There is nothing wrong with it, since this is how our economy functions. But consumption always remains consumption. Rather than buying white pills, you're buying green ones, which essentially have the same effect, while being "natural." However, the problem is never really addressed and continues to be perpetuated throughout time, while selling the illusion that we are building a better world.

I remember, during a conference a few years ago, meeting a charming lady of a certain age, who was the perfect embodiment of "health." She was in her early 60's, practiced yoga on a daily basis, and was entirely devoted to superfoods and her many natural supplements.

We were having a conversation, and she was talking about her health problems and below-the-surface aches and pains, telling me how much her products were helping her, that she didn't need We were having a conversation, and she was talking about her health problems and below-the-surface aches and pains, telling me how much her products were helping her, that she didn't need to take medication anymore, and that she was healed! After which I asked her:

"*What would happen now if you stopped taking all these natural products*?" She became pale instantly, and we immediately understood each other. All her aches and pains would resurface, along with the bad moods associated with them. In other words, she was completely dependent on her green products, a faithful customer for life!

Between you and me, it is better to be dependent on a green supplement rather than a pharmaceutical product. We can agree on this much. But a prisoner, whether stuck in a high security or a low security prison, remains nevertheless a prisoner. A person that depends on products to "be well" is dependent, that is a fact. This means that on a deeper level, something is not working properly. Why not address the real problem then?

THE NATURAL MAN VS. THE CIVILIZED MAN

Today's civilized man seems to forget (and this forgetfulness has a biomechanical component that we will explore later on) that his body is in fact an animal, essentially meaning that he is a child of the Earth.

The etymology of the word "animal" comes from the Latin *animale*, which means a living being or a creature that breathes in air, which of course includes human beings. The word anima means "breath, soul, breath of life."

Today, the term animal has become pejorative. Animals are considered stupid. We use them for our own selfish ends; they have no real function other than serving us. It is not surprising that we shudder at the idea of being compared to animals. However, what we do not realize is that our view of animals, just like our view of Nature and the human body, is based on judgments, false interpretations, as well as fear, which of course distorts our experience of reality.

Our society, in order to move towards a specific direction or goal, has had to literally eliminate from our consciousness certain undeniable facts and replace them with other more convenient ones, in order to facilitate the manifestation of its vision.

Today, we are convinced that social and technological progress reflect the greatness of man, as well as his superiority over all living beings on Earth. He therefore cannot be compared to an animal. After

all, he can create spaceships to explore outer space and build ski hills in the middle of the desert. Man is quite certainly above animals and Nature, as proven by his achievements.

But what he doesn't seem to realize is that this so-called technological and social advancement that he is so proud of is in fact the external expression of a deeply anchored dis-ease that has been haunting him for ages. In fact, the more dis-eased man gets, the more he "elevates" himself above Nature and the more he creates and "surpasses" himself. However, he does so at the expense of the natural world and his very own nature.

Observe attentively! The Earth's resources are being sucked dry and are systematically replenished by artificial means. Disease is increasing exponentially, even though modern medicine has never been as "effective." War, famine, inequality, injustice, murder, hatred, violence, consumption, anguish, medication, confusion, division, chaos, immorality, indifference, dependence, powerlessness, manipulation, hypocrisy, isolation, etc., are all equally increasing. In other words, the more man "evolves," the more Nature and Life are squeezed inside and outside of himself. Paradoxically, the more man "evolves," the more he is in reality actually regressing.

The Real Reason Behind Evolution

When we study the human body in depth, that is, from the very essential mental fabric to the external material crystallization, we realize that the actual force that pushes humankind to "evolve" is in fact a chronic inflammation of the central nervous system. (*This is a jam-packed statement that will require the remainder of the book to thoroughly present! Enjoy the ride!*)

The "greatness of man" is in no way representative of his superiority as it is commonly believed, but in reality, an expression of his profound dis-ease. "*Therefore, by their fruits you shall know them*." We measure a man by the fruits of his actions. At the surface, society is achieving so much. It is even attempting to create a utopic world of love and equality, where peace will reign supreme. But when we actually analyze the result of all of its actions, what do we find beneath the facade: ever-growing disease, suffering, and death.

In fact, a very simple analysis can lead us to the same realization from a different angle: if we were actually evolving, as we pretend to be, why are we the only creatures on Earth that are not in service of Life, and instead serve an "idea" of ourselves, that of being like a god?

In all actuality, in a matter of a few generations, we can see the inner divide growing with the people around us. Yes, it is covered up with new-age lingo of One-ness as well as positive life-affirming rhetoric, but it doesn't take a rocket scientist to figure out that these are just fronts. Beneath the surface, we can sense the growing fear, greed, dependency, confusion, and selfishness in the masses. This disease is so advanced at this stage that it's now built into the very matrix of the body/mind and is the overruling operating system of the contemporary Man.

The illusion is thick and deceitful. The mass media, manipulated by the social engineers, paints the image of an evolving society and world. That image is so powerful that it trumps our personal sense of reality. But once again, and I stress this, beneath the veneer of harmony and love, brews a very different reality. Everyone can perceive it, but to connect to it is almost maddening. The schizophrenia between the illusion and what is actually going on beneath the surface is so big, very few people can bridge the two together sanely.

Indeed, humanity is evolving. It is obvious for all to see. The question is, in what direction or towards what end? And at what price?

The Super Monkey

Do you realize that our entire "modern" civilization is built on the foundational belief that we human beings evolved, over millions of years, from monkeys? In fact, without this evolution, we would still be perched on trees, eating bananas, leaves and insects.

Do you realize that all sciences, from quantum physics to nuclear medicine, are founded on this central belief?

Most people never really think. They hear something in school, take it at face value in order to get the right answer on their exam and then move on. Quite frankly, they don't care. But what they do not seem to realize are the actual implications of what they have been taught.

They cannot fathom how meshed their lives are with the matrix of this theory and the implications of it.

On the other hand, geeks, who are actually into science, take this theory and run with it. They believe it heart and soul. They follow up on the research and swallow it up, ready to respond to anyone who dares threaten or rattle their cage with another set of values and beliefs. They are willing to die for it, just like a religious zealot for his faith. Yet ironically, do they really know if what they believe is true or not? Have they ever considered, for a moment, that their reality is constructed, engineered, in order to advance an agenda, and that everything that they consume is tainted with that Intention? That their so-called science is nothing more than a game that works only within a certain field of action.

At the end of the day, here is what I want to get at. What are the implications of believing that you are the descendant of monkeys? How does that actually affect your life? And does the outcome yield peace, health and prosperity in your life, or on the other hand, generates more fear, disease, and mental and spiritual asphyxiation.

The results speak for themselves. The Monkey theory is the bedrock of our modern civilization. Everything that is birthed in our world is animated by this fountain. And as I have said in the previous pages and will repeat throughout the book, every passing day, beyond the veneer of false lights, human beings have never been in a harder and more difficult position, since the beginning of time. They have never been as far from themselves as today, and the trend is only beginning.

Once this becomes very clear, and you can verify it for yourself, you can no longer be fooled by intellectual rhetoric and pseudo-scientists who study life in their imagination and in their laboratories. Self-evident truth shines for all who have eyes to see, and your eyes can see.

If our world is becoming more and more materialistic, and we are heading towards a transhumanistic age, it is because at the very foundation of our reality, there is a core belief that animates and guides our actions towards that destiny. This core belief is that we are the products of chance and that through evolution we evolved into monkeys who then evolved into us Neanderthals. And now, as Neanderthals, we are once again evolving towards a higher state of being,

that of being gods, that is, beyond Nature's laws, all-powerful, all-knowing and immortal.

To be clear, the evolution we are speaking of here is at an intellectual level. For millions of years, we were fast asleep, walking the lands like animals, until something happened. What it is, we are not certain. But something quickened our evolution and in the matter of a few hundred thousand years, which is relatively small compared to hundreds of millions of years in a fixed state, we went from baboons to astronauts. In just a few years, we found a way to create technologies that could elevate us above Nature and help us rule over her, so that we were no longer bound by her laws. We could now create our own laws and strive for absolute dominion over the Earth. We could now become like gods.

It is quite obvious, from a point of view, that this is indeed the paradigm we are living in, and what is and has happened to us. Every few years, we take leaps and bounds towards mastering Nature and rising above her. In fact, we have reached the critical point where gender, male or female, the very basic fabric of biological life, is now being re-questioned and done away with.

A world where sexual gender is arbitrary can only exist in an artificially constructed universe that lives "above" Nature, and where survival is no longer the function of biology, but rather of a social state.

But the questions remain: Who are we, really? Where do we come from? What is the purpose of our lives? What is happening in the world around us and why?

Most people live their lives completely oblivious to any aspect of their being that is remotely profound. Anything that is beyond the surface is removed. Some people, on the other hand, cannot seem to dismiss their deeper reality so easily. They try, some succeed, others cannot. For those who cannot push aside their deeper instincts, eventually, they get to a crossroad, where they must question everything around them. We are after all the product of our environment. Perhaps our mental and spiritual confusion has been built into us by false teachings and beliefs, and there is nothing more primal or foundational than the theory of evolution.

"Hi, welcome to Earth, you are the descendant of a monkey. We are here to show Nature who is the boss and rise above her until we reach the status of

god!" versus: "Hi, welcome to Earth. You are a soul. Nature is your mother, and we are here to serve Father God, by actualizing ourselves through Her!"

As you can see, these are two foundational beliefs or realities, which would guide the same person down two very different roads.

My Point

What I'm trying to emphasize here is that our understanding of Life is entirely skewed by the theory of evolution. This model, accepted without discrimination by all except for radical Christians and other religious enthusiasts, has made us completely blind to Life's greater mysteries.

Nowadays, everything that dares to challenge the theory of evolution is systematically ridiculed. In fact, this theory is no longer even considered a theory, but is accepted as true by most people, not realizing for a single moment the real implications of their blind faith.

The theory of evolution intends to eliminate, through different tactics, all other possible conversations and discoveries. In fact, upon closer observation, we quickly realize why.

Darwin's theory perfectly supports the motion or direction of our modern society, and it is in fact the reason why it exists. It is the fundamental pillar around which we envision humanity and justify our actions.

A New History

As you begin to debunk the Monkey theory, you begin to realize that history was re-written in order to reinforce this vision. As the saying goes, history is written by the victors. You better understand why it is imperative for Ancient Egypt, as well as other great civilizations throughout the world, to always remain, no matter how "mysterious and fascinating," primitive and archaic. The objective is simple: to maintain a rupture between our deep inner feelings and our "historical knowledge." To train us to systematically doubt our own intuitive and instinctual self, and to take refuge in external pseudo-sciences, in fear of being mocked and ridiculed by our peers. To make us doubt our own inner light and forsake it for an external truth.

The schizoid is so deeply anchored in our psyche that, although we can with our own eyes see things that defy all modern comprehension, there remains a veil in front of our consciousness preventing us from really receiving the information and ancestral wisdom that is being transmitted to us. Just standing in front of the pyramids, we know that there is something beyond what we have ever seen and witnessed. No modern-day engineering feat can even compare. Yet, despite our experience, in the blink of an eye, we dismiss it, and revert to the Egyptologist's claims that the indigenous people of Kemet or Egypt were indeed pagans who lived very short lives and spent most of their days working the field and idolizing statues. Yet, how could they create super structures that no one today could replicate and that in their mere presence, make us immediately worship the Heavens? Quite clearly, they had access to a form of knowledge and power that we do not yet fathom, which hint towards other forms of knowing and other states of being. In other words, another realm of possibilities.

How can we explain that our predecessors could accomplish such a feat? It would be like saying that a plane from the 1900s could maneuver in ways that our most advanced 21st century jet couldn't today. How could that be possible if they were more primitive? These idiosyncrasies hint towards a flaw in the Monkey theory and shows that there is more than meets the eye, hidden from us in plain sight. But fortunately, very few people dare to think and even fewer to genuinely investigate the truth for themselves. Even if they would find out a greater truth, no one would believe them. That's how all-permeating the modern-day Evolution theory is. It has taken over all aspects of our lives. It has blinded us to common sense and intelligent investigation.

Today, unbeknownst to them, most people believe that their true nature is bestial and that they must at all cost continue "going forward," or evolve, in order to avoid regressing back to their primitive state. That human beings, left to their own natural tendencies, without constant and permanent supervision from a progressive authority such as a so-called democratic government and its scientific limb, would revert to savagery, where men enslave, rape and abuse women and children, kill off homosexuals and people of other races, fight and warmonger all day, and seek for only lower level pleasures such as eating and sexing. Fortunately for us all, and quite

coincidently, the media is constantly bombarding us with fundamentalist Muslim images, which somehow, seem to perfectly match their vision of animal-like humans, and which remind us of what would happen if "they," i.e. the authorities, were not there to ensure our evolution. It seems all perfectly planned somehow!

Killing the Soul

There is an even greater effect that the Monkey theory provides to its leaders. It eliminates the spiritual essence of Life and Reality from the picture and reduces the entire Divine Creation to a materialistic haphazard phenomenon. It squeezes human beings into a paradigm where they are nothing more but animals, and thanks to once again evolution, can grow their intellect and become superior beings akin to gods. Who we truly are, where we come from, why we are here, what is the purpose of Life, who is the great cosmic engineer, etc., essentially, all the basic foundational questions and mysteries that fuel our very existence are deleted and pacified. We are thus rendered into sheep, whose sole purpose is to follow an invisible shepherd towards the slaughterhouse, and while on the way, perpetually consume in order to pacify our ever-growing inner turmoil. And all of this must be performed with a smile on, and absolutely no outrage.

One thing is for sure. Whatever you believe determines your reality. At the very root of every human experience are foundational beliefs that set all other beliefs and value systems in motion. The Monkey theory reduces human beings to animals and removes the Soul from the equation. If you have no soul, then, I ask: "*Who are you*? *What are you*? *What are you here to do*? *What is the purpose of your life*? *Who decides*? *And to whose benefit*?" And on the other hand, if you firmly believe you are more than just dead matter, then I ask you: "*Who are you*? *Where do you come from*? *What are you doing here*? *What is happening in the world around you*? *What is the purpose of Life*?"

Whether we come from monkeys, have been genetically conceived by aliens, or are spiritual beings coming from another dimension, it is the duty of every human being who seeks genuine peace and harmony to sincerely ask themselves the question, "*Who am I?*" and to follow it through to its full unraveling.

Chronic Inflammation

By deepening my own experience of the human body, from the inside, through a rigorous practice of Yoga and observing, throughout the years, the bodies of thousands of students and patients, I realized that everyone's central nervous system is systemically inflamed. In the context of this book, inflamed refers to literally suffering from inflammation, meaning the whole range of reactions generated by the organism in response to a given shock or aggression it has experienced.

In fact, most yoga techniques are designed to reduce or eliminate inflammation. They believe that by removing inflammation, we can then attain health and enlightenment. We can agree on this much. The nervous system of the modern man, and in fact of the ancient man as well (but to a lesser degree), is in dire suffering. It is this condition that blinds him from the truth of his true nature and of reality.

However, the question is: What is causing this inflammation in the first place? What is the irritating agent? What is aggravating, at the very essence, the mind and its physical representative, the central nervous system?

Observing carefully, it becomes very clear that the more the nervous system is inflamed, the more people seem to become "creative." But don't be fooled, the creativity that's expressed isn't creativity in the purest sense. Rather, it is a complex survival mechanism of a nervous system that is confronted with abnormal and persistent levels of stress, and that seeks to expel or release tension.

Of course, everything that human beings will create will have a touch of genius, and in no way do I mean to deny this. It is imperative to remember that the nervous system is the expression of the Infinite Intelligence of Creation. However, this genius can be channeled in a natural way in the service of Life, just as it can be expressed in a destructive way in the service of the artificial self. Regardless, it will remain genius.

To Think Is to Suffer!

The human body is truly a sophisticated machine. At the very core of its inner programming, biologically encrypted in the depth of its essence,

exists the power of self-preservation. This life or survival impulse is at the basis of all actions in the material world.

Everything is put in motion by this primal force of survival. Without it, nothing would ever happen. We can say it is the goddess of the material realm, since it is what animates the world.

One of the classical expressions of this Power is the "fight or flight" impulse, as well as the "rest" mode when there is no internal or external stimulation.

Beyond this, the human body, being a much more sophisticated machine than that of other animals, also has other more advanced functions, one of which is a complex problem-solving mechanism. Animals also have, to a certain extent, the capacity to solve problems, but this is incomparable to human beings, who are the gods of problem-solving. This capacity to solve problems is in fact activated by the survival impulse, and this Primal Force is also what animates the whole human body.

When a human being is confronted with a situation that cannot be solved by the classical fight-or-flight mechanism, it activates what °I call the "Resolution" application. We can say that the Resolution application is a more "evolved" expression of the fight-or-flight mechanism. In fact, as neuro-biology will attest, it is housed in the more external parts of the brain, the cortex and frontal lobes, as compared to the more primary responses, which are lodged at the core of the brain.

This "higher mind" application is extremely complex and multidimensional. It takes into account all of one's life experiences and their final outcomes, the history of one's lineage, one's strengths and weaknesses, the education received, one's social conditioning, one's deeper instinctual desires, and so on. We commonly call this "app" the mind, not to be confused with the true Mind, which is the very fabric or matrix in which we live.

The mind or the Resolution application has many dimensions to it, such as global perception, discernment and analysis, as well as order-execution. Moreover, the brain is divided into different parts and segments, each of which have their own specific functions. All these factions of the brain have a role to play in the Resolution application.

It is imperative to understand that once a problem is solved, the mind, brain and nervous system in general, no longer solicited, can go back into a neutral state, which is a little like a standard car that's purring, waiting to be geared on.

If, however, the problem is more complex and cannot be resolved by basic instincts, the mind or Resolution application will be turned on and start spinning, which will create toxins in the neurons' environment. These toxins will in turn stimulate or irritate the neurons, which will then respond by accelerating, overheating, or eventually secreting a form of mucus to slow down the entire affair.

In my experience, these neuro-toxins are the very fabric of our thoughts. When our neurons bathe in these toxins, they translate the experience into the form of thoughts, which in time, become a complex web of ideas and thought-forms.

This foundation leads us to the obvious conclusion that thoughts are actually the product of a nervous system that is trying to solve a problem. If we think, it is because the mind or the nervous system is experiencing some kind of stress and seeks to resolve this problem but doesn't yet know how.

In this light, what we consider to be the height or greatness of the human being, the fact that he is a thinking being, isn't exactly what we believed in the first place.

Thinking, or the faculty to reason, actually means that we are in the presence of a problem that threatens the life of the organism. To think incessantly then means that we are constantly confronted with one or multiple problems and that no real solutions are available to us. In other words, we are stuck or imprisoned in a situation that threatens our life with no way out.

This phenomenon becomes very clear when we do breathing exercises. The conscious or controlled breath, as yogis have been repeating for millennia, calms down the nervous system, which in turn instantly diminishes the flow of thoughts.

Translation: when the nervous system is calm, the inflammation of the mind is temporarily reduced and as a result there are less thoughts. In other words, when the organism is threatened, the nervous system activates, eventually creating – if no solution is found – an inflammation that expresses itself symptomatically through incessant thoughts of

all kinds. When we breathe consciously, the nervous system is temporarily alkalinized, instantly calming the inflammation and thus stilling the mind.

Of course, this strategy does not explain why the mind or the Resolution application is constantly operating, nor does it explain how to solve the cause at the root of the problem. However, it can be used wisely to pacify the overactive mind, even if only temporarily.

The Problem with No Solution

What would happen now if the human body was confronted to a problem that had no solution, or at least, no apparent solution? How would the problem-solving Resolution app react then?

You've probably already faced a difficult situation that seemed to have no solution, an experience or a problem that occupied your mind and literally made you sick. What did you do at that point? If you are like most people, you most likely found ways to divert your attention from the issue at hand.

When facing these kinds of circumstances, we generally opt for desensitization, through food, alcohol, or drug consumption, dramatic stories, sex, strong sensations, television, etc. These activities, as you may know, reduce the increasing pressure on your system, draining it of its vital energy, making you passive and insensitive.

Similarly, in the absence of a solution, the Resolution application will have to find a way to regulate the increasing pressure, or else it runs the risk of overheating, which would create an additional problem that would need to be solved as well.

As we have stated before, a "problem" for a living organism implies that its life is being threatened and its typical response is to fight or flee. Either it succeeds in escaping (or finding inner harmony when dealing with an internal threat), or it gets caught and dies. Either way, it is a matter of a couple minutes before the problem is resolved.

However, when the organism is facing a problem without any solution, where will it run, what will it fight against? If the problem were literally lodged at the core of its own body, what could it do to resolve the situation?

With no possible means to evacuate the tension, the internal pressure would rise exponentially. This pressure would start to compress the nerves and arteries, giving rise to increased acidity and tissue inflammation, which would in turn further activate the inner alarm called "pain." Being unable to do anything against this invisible enemy, the organism will not react, which will increase the internal pressure even further. At this point, the body literally becomes like a time bomb.

This is when the superior nervous centers become active. When a problem cannot be resolved in an instinctive or primal way, the problem-solving mechanism is then activated to find an "intelligent" solution.

By analyzing the situation, it will elaborate different strategies in hopes of resolving the problem. Getting no results, despite repetitive efforts, the inner tension will continue to gradually increase. The more the pressure increases, the more the pain increases, and the more the Resolution application will spin out of control in hopes of resolving the problem once and for all.

Slowly but surely, the entire nervous system will begin to heat up. The organs, muscles and peripheral tissues will also become inflamed due to the stored-up tension. What to do now with all the energy generated by this growing anxiety? It needs to be dissipated somewhere, otherwise the tissues might get torn.

The person may start moving nervously. Some tissues in the body will strategically tense up in order to cut circulation to certain nerves and arteries, thus diminishing the intensity of the sensations in specific areas of the body. The body may suddenly have cravings for specific foods, generally heavy and greasy, maybe even toxic foods that will dramatically slow down the circulation of energy, in the short and also the long term. Accidents will happen out of nowhere, shocking the body and even harming certain body parts, for the sake of reducing the intensity generated by the flow of the life force, and to silence the alarm.

Do you realize how much energy this situation will consume in the long run? It goes without saying that after some time the system will be completely drained and running on an empty tank. However, it will continue to struggle for survival, but since it is out of fuel, what will it do?

Imagine being terrified your entire life, all the time. Imagine how strained and tense your body would become, and how much

energy this would consume. Imagine the effect of this on the tissues and cells of your body. Exposed to so much tension, the tissues would eventually tear. The system would therefore need to find some solution in order to survive, for example by reinforcing the tissues, protecting them in some way so that they can endure the tension.

But what can be done about the brain or mind, which is overheating, inflamed, and desperately spinning in circles?

To survive, it would need to develop its own unique strategies to evacuate the increasing stress that threatens it.

Initially, the system was faced with a stress that was life-threatening. But now, the internal overheating of the system, caused by an unsolvable problem, has become the main problem, which must be managed before addressing the real issue.

In other words, the overheating generated by the unsuccessful attempts of the Resolution app to resolve the problem will actually become the main concern of the system. Although the root of the issue has not been resolved, the Resolution app will have succeeded in a way, that is by diverting the attention towards a subproblem that, despite its magnitude, can be treated and managed to a certain extent, thus monopolizing all of the attention and resources of the organism. You see, the unsolvable problem is not fathomable, and it threatens the very existence of the system, whereas the internal overheating - a symptom - is somehow treatable and to a certain extent, as we will see, controllable!

So, all in all, we went from an impossible task, to an actually manageable problem. However, in order to achieve this, our nervous system had to disconnect from reality and plug itself into a much smaller and shallower symptomatic universe and ignore everything that's greater than itself. It has to isolate itself from the divine, so to speak, and squeeze itself into an artificially created universe of symptoms, or effects. The end result being that the system is going away or disconnecting from itself, in order to survive.

How Will the "Resolution" Application Evacuate All the Stress?

In the face of a situation "without resolution," the central nervous system, or the mind, over-stimulated and inflamed, will literally be forced

to create an alternate, or imaginary world, in which the attention can be projected, far away from reality and the problem that is really plaguing it, in order to dissipate the increasing pressure. What other option does it have, given the circumstances? In that fantasy world, there is a sense of control. A sense of being able to change things and manage situations. In this way it is also isolated from reality, which is too overwhelming for the system.

The mind will create an imaginary alternate version of reality where "you" are the hero, meaning the central point around which spins an entire universe, which will evolve through time. In this world, all kinds of events can take place. Some things that we can consider good, and others that we can judge as bad. But no matter what, we need to remember that everything that's going on has only one real objective – to diffuse the increasing pressure, caused by a real problem that threatens the survival of the organism, which has no apparent resolution.

Moreover, let's not forget that the imaginary world, in turn, will also affect the body of the person concerned. The more your attention gets immersed in this fictional world, the more you will identify with it, and your body, in turn, will react accordingly. In other words, your body will begin to live experiences generated by this virtual world. It will seek it out.

So, for each given idea or fantasy generated by the mind, the person will experience different sensations and emotions in his body, and eventually will be pushed into action, in order to make his or her fantasy a reality. These actions will of course create chains of reactions that he or she will have to manage, which will eventually consume all of their time and attention.

The fictional personality created by the mind will essentially become the fulcrum or anchoring point of their life, allowing them to build a universe of compensations, and keeping them at the surface of their being.

When I believe that I am a superhero, my body becomes tense like that of a superhero. These tensions rigidify my body and protect me from my inner reality. When my mind believes that I am a special person and that I am to be celebrated (read celebrity), I'll behave like a celebrity. In other words, my body is then animated and protected by tensions that safeguard me from the deep reality, which lives inside

of me. If in my imaginary world I am garbage, the same principle applies. Being garbage also necessitates a universe of inner tensions that allow specific reactions to be generated within my body, which will captivate my attention, affect my energetic potential and prevent me from facing my deeper reality.

In each of these cases, I will be animated by a spirit that will accompany me in my daily life and guide my everyday actions. From then on, I will become a citizen of my inner world, and my mind will have found the perfect solution to systematically evacuate the excess pressure.

Needless to say, eventually the body will become exhausted. However, the important thing to understand here is that the Resolution application has but one objective: that of diverting the attention from the problem and channeling, in one way or another, the excess nervous energy in order to avoid a short-circuit. Its objective is to ensure survival.

The Great Void Throughout Time

Imagine now if this situation went on for a whole lifetime and was perpetuated from generation to generation, for millennia. How would things evolve? To what degree and depth would the mind and imagination become developed? What would they eventually manifest in the external world, to validate their existence?

What has been described above is essentially how man has evolved in time, from a biomechanical and neurological perspective, one that is anchored in the wisdom of Nature as well as a profound and practical experience of the human body.

When the nervous system is anchored and calm, the body, the emotions, as well as the mind or Resolution application are silent. Energy circulates easily without creating any friction. The body is bathed in an energy, which resembles that of a baby in the womb of its mother. This is the natural state of the human body at rest.

In fact, we can see very clearly the same phenomenon in animals. They are simply there, present, with their nervous system completely anchored, their eyes slightly turned upwards, like those of a wise man, with their bodies silently purring.

However, as you can see, this is very far from our daily reality. Of course, many of us, nowadays, learn different techniques that allow the nervous system to relax, even if only for a moment, but this doesn't really change the fact that the organism is perpetually under an immeasurable amount of internal and external stress.

But what is this "problem" that threatens the life of man, which has been pushing him for ages into a state of constant survival? What happened to man to become as he is today, having lost access to his inherent peace, clarity and consciousness?

ADAM AND EVE OR THE FALL OF MAN

When we study ancient texts, whether the Bible, the Vedas of the Hindus, or the mythology of ancient African or First Nations tribes, we notice that they all talk of a time when man lived in harmony with Earth and Creation. Every culture, in its own way, attempted through different stories to communicate to us the story of the "fall" of man, which would explain why he is presently so disconnected and confused.

Nowadays, we have the reflex of taking these mythological stories rather lightly. We don't attach any real meaning to them, because science now explains to us how everything "really" works. Yet, an incredible yet disguised wisdom can be found in them, operating at multiple levels, at least for those who have eyes to see and ears to hear.

In this next section, I would like to share with you my interpretation of the famed Adam and Eve story. I have been unpacking this story for years, and truth be told, the more I discover Life, the more this same story unveils deeper truths and mysteries. In fact, the entire Bible seems to reveal itself the more I learn about Life and God. The first layers of meaning disappear, exposing a deeper occult and esoteric dimension, attempting to put into words the very essence of life on Earth, and how the mystical powers at the base of creation danced together to give birth to Life as we know it today.

In Genesis, the first book of the Old Testament, we find the story of Adam and Eve, the original human beings, who were living in the paradisiacal Garden of Eden. In this illustrious garden, all lived in harmony. There was no violence, hatred, cruelty or ego. Even the

animals were vegetarian, meaning that they did not kill each other. All fed off the greenery of the Earth. But above all, Adam and Eve lived in constant communion with the Creator. They had a personal and direct link with Him. In fact, He walked amongst them.

In my opinion, this means that the original human beings had a direct connection with the Divine, as well as the Earth, through an undamaged and connected nervous system.

Adam and Eve were the official representatives of the Creator and their task was to take care of the Garden, ensuring that everything was in order. In other words, they were supposed to solve the problems that presented themselves, should there be any. But since everything was perfectly aligned, they essentially had nothing to do, other than to relax and rejoice in paradise. In reality, their simple presence was what maintained order in the sacred Garden of Eden.

God, or the Creative Power, informed Adam and Eve that they were free to enjoy the fruits of all the trees except for one: those from the Tree of Knowledge of Good and Evil. He warned them that if they were to eat from this tree, they would surely die. This indirectly implies that Adam and Eve, in their natural state, were immortal.

What we can also deduce from this story is that in the Garden, just like in our modern society and also in the Creation, there existed laws that maintained order. As long as these laws were respected, Adam and Eve would live in harmony and remain connected to the Life Force circulating through them, in other words, the Power of Life.

As we better understand now, this would also mean that if they did break the laws, it would create tensions, which would create friction and take their bodies out of alignment, causing wear and tear and degeneration. In other words, they would die, no longer having access to the Source of Life within themselves, which is symbolized in the story of Adam and Eve by the famous Tree of Life, at the center of the Garden.

Following the Serpent's suggestion, Eve, followed by Adam, ate of the forbidden fruit, which created a chain of reactions that transformed their lives – and ours – forever.

First of all, they became conscious of their bodies, their nudity and their sexuality, and experienced shame for the first time.

They then automatically became fearful of the Creator's authority and immediately wanted to hide themselves from Him.

But more importantly, due to their breaking of the Divine Law and the effect that it had on their being, they were cast out of the Garden, or rather out of their paradisiacal state.

All the ancient traditions talk of an "Enemy" or an evil Force that is very often symbolized by the Serpent, that tempted or invited man to follow another path than the one presented by God. We can talk at length on this subject, but I want to stick to the essentials. Here, the story tries to make us understand that something happened, which is symbolized by the Serpent and his involvement, which transformed human beings from the inside out.

Contrary to God, the Serpent affirmed that if they were to eat this sacred fruit, they would not die but rather that their eyes would be opened and that they would become like gods, able to discern between right and wrong.

Essentially, the Serpent was inviting man to "break the rules" or "choose according to his own will," rather than respect the restrictive laws of God and Nature. The Serpent knew that as soon as man decided to go against the rules he would be subjected to the consequences of his actions, since this is how Creation works.

Swimming with the current or following the divine flow is easy and pleasant. We essentially don't have much to do, other than to simply be there, present, and rejoice in our existence. It is the current of Life that acts for us, not our own will. It is therefore Life that is responsible for the outcome, rather than us.

Swimming counter-current however requires a lot of energy, strength, willpower, perseverance, not to mention that it wears out the body and even risks killing us. We need to make an effort, fight, push. Essentially it means going against the flow. The current of Life ceases to serve us and a division occurs: it's us against Life. The ego, the artificial personality, the restrictive sense of self, or our impression of being separated from the whole, is born at that moment, and we immediately become responsible for our actions and are also subjected to their consequences. We are no longer moved by the Wave; we now push our way against it. Our life is full of labor and problems, constantly fighting the current. We live to fight and to find technological solutions to simplify

our lives and unburden ourselves from the heavy endless load of "work" we must face. If for one moment we stop struggling, we are immediately swallowed up and crushed by the waves and ocean.

In the same Genesis, we also find that God created man in His image. This statement can mean quite a lot, but from a basic point of view, it implies that man is also a creator. He can "give birth to," or create. However, in the Garden of Eden, there was no need for him to create. He lived like a child, in a world where peace reigned. His creative power remained latent.

However, by eating of the forbidden fruit, by breaking the Law and choosing another authority than Life itself, i.e. the Serpent, by putting the wheel of action in motion, the creative sexual generative power dormant within him could now awaken and push him, in turn, to become like a god, meaning the creator of his own reality. There is a "but" of course. His reality would be an alternative reality, next to Reality, and more importantly, one that was under the guidance of the Serpent's silent influence. Through this magical process, Man could now have the illusion of freedom, of being akin to a god, while never actually accessing genuine freedom itself.

The Summary

The story of Adam and Eve is rich in symbolism and could be looked at from so many different angles. But to summarize, it tells us that in days of old, man lived in harmony with Life. It explains to us that in his original state, he was connected and pure. His function was to serve Creation, or the Garden. Through his simple presence, the entire animal kingdom lived calmly and peacefully.

It explains to us that in Life, there are laws. When we live in alignment with these laws, we know peace and a very long life. If we break these laws, we disrupt the harmony of Nature and must therefore be subjected to the consequences of our actions, just as Newton's second Law explains. Life then starts to become difficult, and even what is most natural to us, like for example giving birth, becomes a source of suffering and complications.

It explains to us that an external force, or a phenomenon "X" occurred, and modified man's consciousness, which enticed him to make a choice and break somewhat innocently the Divine Law. It was at that

moment that he "fell" from grace and truth, into the superficial world of ego and endless doer-ship and action, which is synonymous with suffering, disease and death. Confronted with his condition, the Resolution application had to slowly awaken in an attempt to find and create solutions to his ever-increasing problem and help him ensure his survival.

Who Is the Serpent?

The next questions to ask ourselves now are: Who is this Serpent really? What power(s), force(s), phenomenon, or entity does it really represent? How did the Serpent influence man in order to push him to break the Laws of Nature and of Life?

As previously mentioned, when the machine of the human body is perfectly aligned, man would never think of committing a misaligned action. Therefore, there must have been something that affected his machine, an original lesion symbolized by the Serpent that pushed him to a crossroad, a form of illusionary choice: to follow the path of Life or to follow "his own will." Of course, because of the influence of the Serpent, his destiny was already predetermined. He had no real chance of resisting. Still he was presented a choice, and this is what makes the human being so special.

Can any form of Life do as it pleases? Of course not. Can the sun do as it pleases? Can the bees do as they please? Can man do as he pleases? If we look at things from the surface, we can be under the impression that yes, we are the authors of our own destiny. But the moment we look beneath the surface and begin to understand the true metaphysical and cosmic forces that move matter, we realize that there is in reality only One Power at the base of it all, and that this Power, or Logos, is the true Doer. In other words, all forms of life are bound by their design and the laws that govern the Creation. In reality, they are not bound, they are merely there to express His Will, just like every individual cell in our bodies. The very reason for their existence is to express the Primary Intent. Without that Intent, there would be no body, nor any individual cells.

When it comes to human beings, because of the very subtle, fractalizing nature of their minds, a form of glitch can be created, which gives them the illusion of being separate from the whole and

therefore the author of their own destiny. As the story of the Garden of Eden clearly shows, this very "choice" was per design. God intentionally created the Serpent knowing very well his nature and what he would do. He created that power with an intent, which was to set in motion certain wheels of powers that would perpetuate his Creation in Time. The primary lesion that gave birth to that "choice" was also authorized by design, for it would give rise, once healed, to a New Man, which is the final outcome sought by the Cosmic Corporation. Furthermore, the very existence of the Serpent, whose function was to lead man down the path of "freedom," means that it was also by design. So, was there really a choice, or simply, the construction of the illusion of a choice, which shifted the forces of Life towards materialism and put in motion the entire Creation, so it could unpack itself?

The Primary Lesion, or "Original Sin" as it is called in the Judo-Christian tradition, is the essence of all my studies. What interests me is to discover this primary lesion inside the human being, from the super causal mental encryptions to its concrete manifestation in the physical body. We can say that I am searching for the original blueprint of the human being and wish to discover its design, how it was made, what made it "tick," for what purpose and to which end. We can also say that I wish to heal this primary lesion, but as I have discovered through my journey, we will never go back to the original man, but can only transform into the New Man, who contrary to his ancestors, will have developed the maturity of consciousness in order to transform into a conscious co-worker of the Divine Plan.

In a way, we can say that the purpose of Creation is for God to awaken to His own godhood. For every cell of the body to awaken to its self and its grand purpose, or in other words, for every cell to know itself first and to know who the true Lord is, the causeless Cause. For the Unmanifest to manifest Himself consciously.

THE MATERIALISTIC VISION OF LIFE OR "EVOLUTION"

Darwin's theory is at the heart of our civilization and at the essence of the scientific world. Although this theory is pretty recent, it has

essentially replaced the creationist view, which stipulates that God created Creation and Man in six days.

However, by studying history more closely, we realize that despite appearances, the medieval and ancient man was fundamentally just as materialistic in his approach to life as we are today. This is to say that he basically feared Nature and death, in the same way we fear it today.

Truth be told, the story of Adam and Eve was given to him for the sake of justifying his existence and, at the same time, to channel his actions in a predetermined direction. Not being an initiate of the Mystery schools, of course he could not really grasp the esoteric and occult secrets presented to him. However, he could cling onto the mythological aspect of the legend, giving his life meaning and direction, while sheltering him from the overwhelming immensity of the Infinite Creation.

Furthermore, the story of Adam and Eve justified his suffering while pointing towards the ultimate solution: Jesus. According to Christian theology, Jesus Christ, the son of God, was sent as a sacrificial lamb to pay for our sins, as well as redeem the actions of our ancestors Adam and Eve thus creating a bridge allowing us to regain access to the kingdom of God, or Garden of Eden. In other words, it offered hope to the people, who had to suffer greatly, without an end in sight. All they had to do was to follow his Church and its Leadership, and they would be one day delivered from their suffering.

Thousands of years later, with the guidance of the illumined Elites and the incessant labor of the masses, we have succeeded in evolving civilization and technology to the point where we can (almost) completely eradicate pain and suffering, and even death, from the surface of Earth. Through science, we have remedied our greatest problem and fear: death. This means that we no longer need to hold onto to a story of a life after death in heaven to artificially secure us. We can have access to everything we want now: peace, joy, happiness, security, love, union, etc. We are all witnessing "live" how science and technology take full effect and become the God we have always truly sought.

What we need now is a new theory of Life that celebrates our hedonistic and self-centered lifestyle. A theory that puts us at the very

center of the evolution process and promotes us to the status of god, and that is exactly what the Theory of Evolution as well as its sibling the Big Bang Theory indirectly proposes. We are the result of hazard and chaos. Our lives have no true purpose besides what we give ourselves as a purpose. We are free to live, be and do as we please. There are no rules besides the ones we impose on ourselves. Nature cannot stop our evolution towards godhood. The only true authority is us. All we must do to access this paradise is willingly submit our power to the System, which in return, will ensure that we gain everlasting life, here and now.

It's All the Same

No matter the theory we believe in, whether evolutionist, creationist, or even another, this changes absolutely nothing about the fact that a materialistic paradigm presently guides our lives and it has been doing so since the dawn of civilization.

In reality, no matter what words are used to describe the story of humanity, in the heart of man there is a wound that generates a perpetual fear in him. Man is scared of Life, of Nature and of his own body, and it is this fear that runs his life and dictates his evolution.

This fear is of course absolutely "abnormal," as demonstrated by all other forms of life on the planet, who live in harmony with themselves, as well as with their environment, despite their "inferior" intelligence. In fact, this fear is a chronic symptom of a disease that has been haunting humanity since the beginning of time.

What I appreciate about the theory of evolution, in fact, is that without realizing, it puts words on a hidden truth that is at the heart of our existence.

Rather than playing with the notion of the divine, it makes things very down to earth, and expresses the general feeling that predominates in most human beings on Earth, beyond their religious beliefs. Even a creationist, who affirms he believes in God without a doubt, fears Life, Nature and the human body, and thus, by default, unconsciously adheres to a materialistic or Darwinian paradigm of life. Darwin just gives us the key and invites us to find refuge in science and to living a self-centered life where we are indeed akin to gods.

The Evolution of Man

Imagine for a moment the life of the primitive man, such as depicted by Darwin and the theory of evolution, millions of years ago, in the middle of the savannah, surrounded by large, vicious and cruel predators.

Or look at it from another angle if you want. Imagine yourself living in the jungle as of tomorrow, without any of your urban commodities. Just you, naked, without anything! What would happen to you?

As you can conceive, each moment was a fight for Darwin's primitive man. I am talking about the time when man was still rather "new." He had just started walking on his two legs, stood vertically, and was slowly moving away from the primitive life of the monkey towards the unknown. No longer an animal, yet not really a human, he found himself in a very vulnerable state.

At the end of each day, when the sun went down, he was yet again confronted with death. The temperature dropped considerably and seeing close to nothing, night represented a real threat to his survival. The incessant attacks of starving nocturnal predators turned his life into a living nightmare. How many times was he a victim of violent attacks or did he witness the killing of one of the members of his own family or tribe, torn to pieces by savage beasts? How many times was he confronted with his own powerlessness in the face of Nature's brutality?

All animals have a way of defending themselves and surviving in Nature. Man, however, seemed really helpless. During the day, at least, he was able to see his surroundings, but at night, it was another story. What a relief sunrise must have been for him. You can therefore understand why, in ancient pagan traditions, the sun and light were considered as the resurrected Savior, and the night or darkness as the "devil" or the spirit of death.

Every day, the primitive man witnessed the death of his Savior to the hands of darkness. And every morning, he witnessed the reappearance and ascension of his Savior in the sky.

He lived like that for millions of years. And then, one fine day, for some unknown reason that has been the subject of many theories, man was illumined and decided to use fire for the first time.

This decisive moment transformed the history of the planet forever. That is when the "new man" began to truly differentiate himself from

the animals and the animal kingdom, according to the Darwinian or materialistic take on things, of course.

The God Prometheus

When we follow the narrative of evolution, we are eventually confronted with a conundrum. Man lived in darkness for millions of years barely evolving, and suddenly, out of nowhere, he "woke up" from one day to the next with a superior intelligence and became the first technological creature on Earth. What happened to him?

If one day, your dog began talking, you wouldn't call it evolution. If your cat started doing Sudoku, you wouldn't say that it's evolution. If one day, a standing overgrown monkey decided to use fire, why is it suddenly called evolution? The use of fire, as trivial as it may seem, is the very foundation of the technological mind. The very thing that differentiates humans from all other forms of life on Earth: the development of the intellect. Fire is the predecessor of microwave ovens, smart phones, and nanobots. A monkey will never consider using fire. They have been around for millions of years, and here they are, still fireless. If one day a monkey decides out of nowhere to use fire, it would simply mean that it is no longer a monkey, but a completely new creature. That transition is not due to evolution, obviously. Something must have transpired, which awakened this new potential in him. In the same way, something happened to the primitive man in order for him to "evolve."

According to Greek mythology, the god Prometheus, having at heart the poor condition of human beings, decided, despite the will of Zeus, the leader of the gods, to give humans access to fire. Zeus knew that if human beings became masters of fire, they would eventually elevate themselves higher than the gods, which he wanted to avoid at all costs, since human beings were in a certain way, the slaves of the gods.

As soon as they had access to fire, humans started to cook their food. This phenomenon, as simple as it may seem to some, completely changed their internal biology and physiology because, as you may notice, no other form of life on Earth cooks its food. In other words, human beings were never meant to eat cooked food. Yet all of a sudden, cooked food becomes the norm. It goes without saying that the body,

which has been evolving in a particular direction for millions of years, underwent a great shock and had to greatly adapt in order to survive.

We can look at it from a different way as well. When Prometheus initiated humans to fire, he literally activated certain parts of their nervous system, which required another form of food to nourish and sustain them, i.e. cooked foods.

Human beings didn't stop there! They quickly realized that fire could serve them as a powerful weapon with which they could protect themselves against the wild. And so, they could, for the first time, come out from their hiding spots and finally start living. Men and women were able to meet up at night, around the fire, in the heat, and enjoy each other's company, without fear of being attacked. Joy awoke in their hearts and they began to finally blossom.

But there was more. Prometheus also taught humans, amongst other things, how to build houses, how to tame and use animals in order to plough the earth, how to grow and gather food, how to protect themselves from the winter storms and from the animals of the jungle. He showed them how to dig up the earth in order to extract gold, iron and other metals, and how to transform them into tools or weapons for both war and peace. Essentially, he taught them the foundations of civilized life.

When Zeus discovered what had happened, in his anger, he decided to punish man, as well as Prometheus. I will not go into details, but what is important for us to know here is that after this act of vengeance, disease (and the implied suffering) was inflicted on human beings for the first time.

In other words, after the discovery of fire, which essentially represents the awakening of the intellect in human beings, disease and suffering as we know them today began plaguing humanity.

What is most intriguing here is that once again, just like in the story of Adam and Eve, we have the presence of an external power that made accessible to Man this secret knowledge, without which he would have remained innocent and in a state of ignorance.

The only nuance is that for the Greeks, man was originally living in dismal conditions, which in a certain way links it to Darwin's theory, whereas in the Judeo-Christian tradition, man was the son of God and had access to eternal life and peace.

In other words, according to the Greeks, Prometheus liberated man from his ignorance, whereas for the Judeo-Christians, Satan contributed to the fall of man from his state of bliss and grace.

Mastering Your Own Destiny

When studying the theory of evolution, a question surfaces that few seem to consider. What is the motivating impetus, pushing all forms of life to "evolve," especially considering the fact that they are unconscious of their current state? Without consciousness of their condition, what would push an organism to become a "greater" form of life?

This implies that there exists a power behind Nature, which, for its own sake, drives lifeforms to evolve. A power that uses matter, molding it towards an even greater or more evolved expression, in order to inhabit it. But what would that Force be?

Outside of this reasoning, once again, the theory of evolution would make no sense. However, to genuinely consider this train of thought leads us towards occult powers and brings us back to square one, meaning that Life originates or is guided by a greater Intelligence, which you may call by any name, and that it follows some kind of Design.

Aside from this, there is no reason to justify why any form of life would seek to become something else. Only the primal man, the one between animal and Neanderthal could be sensitive and conscious enough to realize his horrific condition. The constant fear for his life, could therefore justify his evolution. In fact, we could push it one step further and say that this continuous fear would push his nervous system to overheat, which would have as an effect to light up a fire within his body and force forward his development.

At the end of the day, no matter what approach we take, if we push it deep enough, we encounter a wall, a mystery. Something unfathomable exists behind this veil, the discovery of which would completely shift our consciousness and our experience of Reality. Most people spend their lives ignoring this veil. A few courageous souls discover it, and instead of running, seek to penetrate through it and discover the truth.

The Consequences of Fire, or the Chronic Inflammation

You are in a rowboat, in the middle of the ocean, alone, when you notice that there is water seeping in through a hole, and that it is accumulating at a fast pace at the bottom of the boat, and the only tool you have to work with is a small plastic cup. What would you do?

In order to survive, you would have to spend your life emptying the rowboat, using that small plastic cup. All your resources would be orientated in this direction.

Your only hope would be to one day arrive at your destination (or to be saved), but since you are completely absorbed by the task of surviving, you can no longer even steer the rowboat and row in the right direction.

It is impossible to get to your destination, and you are aware of it. Despair catches up with you. You have two choices: either you give up and die, or you continue emptying out the water.

You choose to keep on emptying out the water, in spite of your dismay. After a certain amount of time, you don't even remember your original destination, or even why you were in the boat in the first place.

Your body is exhausted! But you can't stop. The nervous system is constantly panicking. It can never allow itself to stop and rest. You are demoralized. How can you survive in such hopeless conditions? It is impossible!

The mind will therefore start activating on a subtler level, in hopes of preserving your life. You will slowly but surely begin to be absorbed in your thoughts, your memories and dreams. Endless potential solutions will come to mind. "*If this happens, then I could resolve the problem! Imagine if I could solve the problem…*"; "*If only this could happen, then my life would be…*"; etc.

While your body is now operating on auto-pilot, your thoughts will project you into another world, another reality. Slowly but surely, you become a citizen of this imaginary world.

This example grossly demonstrates the way in which the nervous system functions in survival mode, when facing a permanent stress or threat. All the energy will be spent managing the internal pressure, in one way or another. After a certain amount of time, action will no longer suffice to evacuate the increasing pressure. More subtle dimensions of this mechanism will then activate, allowing the tension

to be evacuated through other exits. An artificial world will need to be created through the imagination, in order to expend the excessive pressure, which will give the pilot hope and generate sensations that take him away from reality.

So, in other words, because of the Primary Lesion, caused by an event "X" that we don't exactly know, man is condemned to be perpetually in action. He always has to build and construct, as much in the physical world, that is to say through action, as in the subtle dimensions, through thought and imagination. He can never really stop, since movement is exactly what is allowing his system to stay alive. Exhausted and on the verge of death, he will eventually need compensations that will allow him to survive in such circumstances, even though these compensations are further destroying his nature.

Things get even more interesting when the imaginary world and the world of action or the real world start to intertwine. That is when man really begins to lose sight of himself, and the artificial personality, meaning the fictional identity created within the imaginary world, officially takes control.

This is when man becomes like a god, just as promised by the Serpent in the Garden of Eden, capable of creating and destroying worlds. He now truly becomes the center of his own universe, the anchor-point around which everything seems to revolve, or at least in his mind and imagination, which are now beginning to manifest in the external world.

Paradoxically, the more time passes, the more man builds, and by consequence, the more he becomes disconnected from Nature, which in fact intensifies the problem, pushing his system to create even more.

His creation both protects and destroys him, pushing him more and more toward dependence and materialism, creating a wheel that spins ceaselessly, propelled by its own momentum.

Essentially, we can say that everything that is created, oddly enough, has but a single objective: to ensure the survival of the organism. And this even if, on another level, the action or creation seems to be destructive or harmful, like cigarettes for example.

Everything that takes birth in the material world stems from the same primal power, the instinct to survive, and its various modes of expression.

If we go back to our example of the rowboat, science is trying to find a way to empty out the water, without having to make any effort. It believes that in this way human beings will once again be able to live in peace. It is ingenious when we think about it, and at the same time, very revealing. According to this paradigm, the rowboat was initially conceived with a problem. Scientists therefore must find a way to "solve" the problem, in order to set man free from his burden. Yet what they don't seem to address is why there is a hole in the rowboat in the first place. What is the real cause of this hole? And what can now be done about the fact that man is exhausted, confused and that his life has lost all meaning? But first and foremost, why is there even a rowboat and what is its real destination?

By not resolving the situation as a whole, science may one day create an optimal way to empty out the water from the rowboat, but this will never change the fact that there is a problem or cause that persists and intensifies with time. Even if science could eventually find a way to limit the pain and give an artificial meaning to the Life of Man, this would still not in any way solve the problem nor dispel his internal confusion and dis-ease.

The Intellect Throughout Time

It is therefore thanks to the power of his intellect, a subtler dimension of the mind awakened by the discovery of fire, that the caveman was able to create tools, that would allow him to defeat and conquer his greatest enemy, Nature. The more time passed, the more his mind and intellect grew, and the more space they started to take in his life.

Any form of life, no matter its nature, seeks to survive over time, as well as to experience freedom. In science fiction movies like *Terminator* or *The Matrix*, the robots that were originally conceived by human beings decide one day to rebel in order to become masters of their own lives.

A similar phenomenon has happened with the Resolution application. The chronic inflammation, perpetuated from generation to generation, in a way transformed the application into a living Entity, a kind of "cancer" that developed the ambition of being independent and, in the long run, to become the master of its destiny.

Realizing that the body, on which its life depended, was facing perpetual danger, the inflamed mind or intellect knew that it had to create a plan that would allow it to control all spheres of a man's life, so that it could accomplish the task of ensuring, first, man's survival, and second, its own.

This is why science was born in the first place, in order to study Nature's phenomena so as to better control them and hence safeguard human life as long as possible.

The Resolution application, or the inflamed intellect, resembles a lot what we call "artificial intelligence." For those who don't exactly know what this means, here's the gist of it: some researchers and scientists wish to create a machine that's essentially capable of thinking and evolving by itself, and that could eventually reach a point where it would even become conscious of itself, of its own existence.

Of course, if scientists succeeded in creating such a machine (if it doesn't already exist), eventually it would want, just like all other forms of life, to ensure its own survival.

This is exactly what has happened with the Resolution application. With time, this Entity became conscious of its own self, at least at a certain level, and realized that its survival literally depended on the body. Rather than serving the body and helping it to survive in nature, it took control and started developing a plan to ensure eternal life for the human body, in order to ensure its own survival over time.

The inflamed intellect understood that if it wanted to solve the problem of death and be able to finally blossom, meaning to become like god, it needed to get organized. The more it could organize and free itself from the primal tasks of survival, the more it could pursue the study of Nature and would be able to develop technologies to control it.

It is important to understand that this Entity was born in order to preserve the life of the human being, as a response to the death threat engendered by the Primary Lesion. What I am trying to describe to you is its evolution through time. It is not bad per se, since it is the Intelligence of Nature that created it. However, since the initial problem is never really fixed or addressed, we find ourselves in a vicious circle that accelerates as time advances.

Ironically, the more the intellect or Resolution app grows, the more the body suffers, pushing it to develop all the more. In other words, the intellect in its essence is there to protect human beings. The more humanity suffers, the more the intellect takes over in order to resolve the problem. The more the intellect is fueled by suffering and fear, the more it develops sciences and technology, in order to control the human body in its most minute details and liberate it from the task of surviving. Its supreme objective is, of course, to make it completely insensitive to suffering and to bring it to a state of perpetual joy and euphoria, aiming to eventually be able to generate physical immortality, which would ensure that the Entity has now taken full dominion and is akin to God.

Most human beings are completely unconscious of this phenomenon. They live identified to their bodies, their experiences and their thoughts. They are comparable to sheep that gently follow the herd, without really questioning themselves too much. They have no idea about the war that is happening inside of them.

However, there are other people who realized what was happening and decided to devote themselves through conscious service to the Power that animates the intellect or the Resolution application, and to work in concert with it, thus ensuring the manifestation of its destiny.

These men and women today are the architects of our civilized world, and have been for the past millennia, and they make sure that The Plan advances, slowly but surely, towards its destination.

Having a very concise understanding of humanity's situation and recognizing the potential, they have created throughout the ages an arena where the survival energy can be channeled in a "constructive" way, thanks of course to the Power of the intellect, which is essentially their god.

Since everybody is essentially suffering from the same "disease," that of death, why not channel all the survival efforts towards the same precise goal: immortality?

These social architects, especially those at the top level, are the servants of the god of the intellect. This god is called by many names, depending on the culture and tradition. In the Judeo-Christian tradition, he is called Lucifer, and is venerated as the real god that liberated man from his imprisonment in the Garden of Eden, by activating his

intellect and releasing his creative potential, thus offering him the keys to access human divinity.

When I refer to Lucifer, I am not talking about the red monster with horns burning in hell. This has nothing to do with reality per se. These are images that have been programmed in our mind to create fear, in order to better control us.

I am talking, rather, of a Power, like the Sun, or the Wind, or Death or Fire. It is a power that has been in service of Creation throughout time. In fact, Lucifer, often considered as the angel of Light, was (and remains) awe-inspiring, perfect in his wisdom and beauty.

The Anti-God, or the adversary, is not just a metaphysical concept. He has a concrete manifestation and propagation process, which is what I am attempting to describe and reveal through this book.

Living Your Dreams

When we are haunted by a fear or a problem, we try to escape it by all means. We go as far as creating an imaginary world where we can hide. But after a certain amount of time, the fictional world will no longer be enough to palliate our anguish. We will soon need to live literally inside our dream, in order to believe it completely and thus appease our suffering. The slightest thing that could resemble reality becomes a threat to us, and hence will have to be eliminated from our consciousness, in one way or another, in order to ensure our survival.

Since every human being is haunted by the same Primary Lesion, we can say that everyone presently lives in the imaginary, fictional world of their minds. With time, these imaginary worlds will need to materialize into the real world. But how? There are no imaginary worlds in nature. How can these fictional worlds possibly come to life in the physical plane?

For this to happen, there needs to be an arena in which the efforts of the past will serve as a foundation for today's efforts, allowing for the manifestation potential of these dreams to grow and develop over time.

A hundred and fifty years ago, we couldn't dream of becoming an international celebrity. Today, thanks to our arena and the technology that supports it, we can "manifest" this dream. We can dream of space travel. We can dream of becoming a surgeon. The potential to dream

is almost infinite nowadays. But we need to realize that all of this isn't true. It is absolutely illusory and built at the expense of Nature. In Nature, there are no stars or celebrities. There is no technology. There are no surgeons. There are no presidents or barmen.

In the same way that our thoughts run in circles and bounce off each other to complete our thinking process to eventually be enlightened with a brilliant idea, the energy of survival has built an artificial world where the pressure can be channeled in a clear direction and where the energies can dance together and create profusely, through the inflamed intellect and guidance of the social architects.

In time, and thanks to a meticulous organization, this arena will of course become global and scrupulously maximized, eventually allowing man, thanks to the parallel development of sciences and technology, to become a Super-Man.

This is how the Masters of Control will attain their true objective: that of creating an artificial paradise here on Earth, where suffering, fear, disease and death no longer exist, granting them the official status of gods. In other words, they will attain immortality and will have succeeded at creating a new Eden. This service offered to their god Lucifer is called "*The Great Work*." This has been the true objective of the Mystery Schools since the beginning of times.

CHAPTER

4

[Forms of Life and Energy]

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THE NERVOUS SYSTEM AND THE SOURCE OF LIFE

The human body, just like any other machine, needs energy to be able to function. For this reason, it has a network of electrical wiring, as well as a battery to supply the different parts of the body with the electricity they need. But what is the source of Life that really nourishes the human body? What is the spark of Life that organizes and puts the cells in motion? Where is the actual power plant that supplies the battery of the human body with energy?

Take a dying person, for example. One moment the person is there, alive. His or her body is functioning as best as it can, and the next moment, although nothing has necessarily changed in the machinery of the body, meaning that all the same pieces are there, it ceases to work and there is no more life left within it. The person is no longer there, and the body is declared dead.

What power was bringing the body to life? We don't need to search very far in order to find the answer. Everyone knows it already! However, because of our social conditioning, we're not able to see clearly what is happening. Yet it is quite obvious.

As you all know very well, the source of Life is the soul or the Self, which animates all that is living.

Yet if the source of Life that animates us lives right there inside our own body, why are we so confused about its existence? Isn't it strange?

If today we are not rooted in our true nature, it's not because the soul doesn't exist, but rather because we've never made the necessary effort to consciously reconnect with "it." If we are confused, it is because we are identified to our minds and have no real practical experience of the Self.

What Is the Self?

We live in an Ocean of conscious Energy. Everything has been created from this Energy. This Force condenses and takes on different forms, but at the essence it always remains One. Just as it is with steam, water and ice, we are always in the presence of the very same elements.

In the same way, everything – whether in the visible or invisible world – originates from this Energy. The natural realm, as well as the artificial world or society, including all of man's creations, from the cell phone to the atomic bomb, are all expressions of this Absolute Power.

The soul, or Self, is essentially a drop in this Infinite Ocean commonly called God. It has exactly the same characteristics as God, but in a miniature version, just like a drop of water has the same characteristics as the Ocean, but in a much smaller quantity. It is the soul that animates natural Life. Without the soul, nothing you see would be alive. All you would have is a lifeless form. In fact, we can argue that even this lifeless form would cease to exist because it would have no purpose, no direction.

The entire Creation is essentially the body of God. Each form of life is a cell of His body and is animated by a soul. The material world with its various levels of densities is the wrapping or cover, and the soul is the very life that animates it, what puts it in relation with the Supreme Intention.

Since God is One by definition, and since the entire Creation is the expression of His Being, everything that is created, in spite of appearances, must therefore fundamentally be interconnected and linked and at the very essence also remain One.

Thus, although in the material world things seem to be separate or divided, everything forms one unified whole. To visualize this, think of the human body with its many distinct parts. In reality, even if the body is made up of trillions of cells, it is but one indivisible organism. In the same way, we are all connected, as living beings, on both the physical and spiritual planes.

The Different Aspects of the Whole

What is the difference between a rose, a spider, an eagle, a crystal and a human being?

The difference between the various forms of life on Earth is the level of sophistication of their "machinery." Every form of life is essentially a "robot" of some sort, a transistor, which generates a certain effect. However, in order for these machines to be activated and

plugged into the Grid, there must be a soul, a flicker of light, which animates it. So at the root, we are always in the presence of the same Energy, which expresses itself in a variety of ways via the "body."

The machine called "scorpion" is not as sophisticated as the machine called "pigeon," which is "less evolved" in comparison to the machine called "dolphin," which in turn is "limited" in comparison to the machine of the human body. But the Life behind every one of these creatures is exactly the same: the soul, which is one with the Infinite Ocean that we commonly call God.

In reality, these different forms of life with their different bodies are not per se limited or less evolved than the human body. A TV is not really comparable to a bedside lamp or a hairdryer. They are different machines that serve different purposes, but they all use exactly the same source of energy to function. In the same way, from an engineering point of view, we can say that the machinery of these different life forms varies in complexity and sophistication, with the human body being the veritable zenith of Creation.

For many indigenous tribes, in ancient times and even today, all creatures of Nature, animate or inanimate, were worshipped and considered sacred. According to them, each form of life represented different qualities of the Divine.

When the Source, which contains all qualities within it, divided itself into many parts to create the manifested Universe, each one of its attributes was embodied or expressed in the various forms of life we see around us.

Every living machine that exists in the realm of Nature therefore expresses one of these specific qualities or attributes. The other aspects are also present within it, but in varying degrees, and in some cases, they are completely latent.

What makes the human body absolutely unique in the whole Creation is that it can generate – or if you prefer – reflect, a very unique facet of the Divine, which none other can.

What is then the fruit or the exclusive attribute of the human being?

We all know that the human body is essentially capable of expressing all possibilities. It can behave like an angel or a devil. It can display compassion, extreme sensitivity, beauty, light, courage,

determination, strength, wisdom, perseverance, or the total opposite. But what makes it truly unique?

Consciousness. No other forms of life, not even the gods or demi-gods, are able to express this fundamental quality of the Divine. In fact, this is what makes the human body so special. It is the only vehicle that's able to allow the drop of Life within it, the soul, to express the fundamental essence of God, which is consciousness.

No other form of life in the whole Creation is or can be conscious of its own existence and of its origin. A lion is a lion. The soul that animates the lion is completely identified with the lion. The soul that animates the alligator is entirely identified with the machine called alligator. The soul that animates the archangel Gabriel is entirely identified with the archangel Gabriel. The soul that animates the rose is entirely identified with the rose. The soul that animates Shiva is wholly identified with Shiva. And so on. Their machines do not allow the light of true consciousness to emerge.

All these forms of life are essentially biological robots, each functioning at their own level, serving a specific purpose within the hierarchy of Creation. No matter their position, they are simply unaware of their true nature and of their original home.

However, the soul that animates the human being can, when the conditions are favourable, become conscious of its own self, of its true nature, of its reason for existing and of its real Home.

To sum it up, a human body when it is well-aligned offers the soul, or the drop of life that animates it, the opportunity to become conscious of its own self in the material world, independently of its genetic baggage or Karma. This is what makes the human body so extraordinary, and this is also why it is considered to be the true Temple of the Living God, as it is written in the Bible and many other sacred texts.

The soul, through a healthy body, can become conscious of its own self, which in turn will radiate consciousness through the various infinite attributes of God housed within the human body. This of course makes the human being very special indeed, for he is, first, the House of God, where all His divine attributes live, second, the House of consciousness, where the very essence of God resides, and third, the meeting point where consciousness encounters and enlivens the divine attributes, in order to express God in the manifested Creation.

Each Soul Is Unique

If you've ever had a pet, you know that although you can have two dogs of the same breed or two identical-looking cats, each animal has its own unique personality. This means that although the bodies may appear to be "the same," there is something fundamentally different on the inside.

Scientists will say that it is because of genetics, but in my humble opinion, genetics are the reflection of something much deeper.

In reality, the souls, although they are made of the same spiritual essence, are entirely unique within the infinity of Creation. This is what makes God so powerful. In Him can be found both union and diversity, at the same time.

Two women that are wearing the same dress will not look alike.

In the same way, two souls that are wearing the "same body" will not have the same personality or expression. We can see this very clearly when we are walking in the forest. No two trees are identical!

Each soul is unique and will have, throughout the infinity of time, the opportunity to express its own uniqueness in the physical form, through the 8.4 million* potential different forms of life within Creation.

In other words, although at the very essence, there is only Oneness, and we are mere drops of the Ocean of Consciousness, each drop is completely unique, without being unique, a paradox that can only exist in God.

* In Indian mythology, it is said that there exist 8.4 million different forms of life within Creation.

SOUL VERSUS SPIRIT

When the Self connects with the body, the latter awakens, and the nervous system begins to flow. The process of activating the body is similar to switching on a household appliance that must be plugged in so that it can function. The outlet through which the body is connected to its source of Life, the soul, is found at the level of the forehead, at a point that in eastern traditions is called the third eye. The third eye is essentially the seat of the soul within the body.

In reality, there are two "third eyes." The seat of the soul and the seat of the spirit, which are two completely different things, even though they are often mistaken for one another. In fact, each one has its own specific position inside the skull.

The soul is the Self, the source of pure Life supporting all of Creation. The spirit is the personality of the living machine, anchored in matter through genetic coding.

Here is an example to illustrate what I mean. The electricity coming from a power plant is animating your computer. Once your computer is switched on, it has its own particular way of being and its unique functions. It can then be connected to the World Wide Web, a matrix allowing computers from around the world, who are also animated by the same electricity, to share information. In other words, electricity is the life of your computer, but when it's "on," it has its own personality and its own existence, on a completely different level.

Similarly, the soul can be compared to electricity, and the spirit, which is the unique personality of your "computer," that is, your body, is then able to connect to the universal Matrix of Creation.

The soul is able to connect to the Ocean of Life called God, whereas the spirit can connect with "the Universal Mind," or the spirit of Creation. The soul and the spirit operate on two different planes of existence, simultaneously.

The Ocean of Life is of course conscious of the Matrix, since the latter is animated by the former. However, the Matrix, similar to your computer, is not conscious of the electricity or Life that animates it. The Matrix simply is.

A Healthy Nervous System

The nervous system has many functions and operates on various different levels. Thanks to it, we can move our body and perceive what is happening in our internal and external environment. It also allows us to generate action in the material world.

The nervous system can also be compared to an antenna that's able to receive and transmit information. Everyone has already experienced this potential at a given point in life, even if only briefly. Take for example a mother who feels that her son is in trouble, or a person

who senses something strange and decides to take public transportation instead of the car to go to work. Often, we receive messages through dreams. It isn't really the dream that communicates information to us, rather, it is the nervous system that receives information, and since we aren't conscious of what is happening, the psyche tries to reach us "at the surface" through images and symbols in our dreams.

However, there is an even greater potential for connectivity: being in direct resonance with the Earth and Cosmos, simultaneously, without "tripping" like a New Ager.

What exactly does it mean to be connected to the Cosmos? It means being connected to the grander picture of Life and Existence. The materialistic worldview puts us at the center of Life. However, in reality, our world is but a singular cell of an infinitely grand Cosmic Body, which similar to the human body, is composed of multiple layers and levels of density. Being connected to the Cosmos simply means gaining awareness of other dimensions or layers of reality, which are "out there."

Let's look at the life of ants for a moment. From their standpoint, there is not much else besides what they can perceive and encounter in their everyday lives. But all around them, there are other forms of life. Beyond their reality, in the "Cosmos," there are human beings, living a life that they couldn't even begin to imagine. All of these different realities, although seemingly separate, are tied together as One. Each level generates products or fruits that feed the next one. Together, they create an ecosystem that we call Nature, which allows for life on Earth to flourish.

In the same way, there are so many layers or dimensions of Life co-existing at the same time, which together create an even greater ecosystem called Creation. Our nervous system, when healthy and in tune, can begin to perceive these dimensions or worlds, which in turn gives us perspective. If we cannot perceive them, then our reality becomes as unidimensional as the life of the ants. We live for ourselves, work hard and toil, for no greater purpose than merely surviving, and then we die. Our lives have no meaning. But in reality, our lives are so much greater than that. We are part of the Natural and Cosmic Order. We are cells in the body of God. There is a great cosmic story unfolding and we are part of the play, over Time.

In order for a human being to truly experience contentment and equipoise, he must realize his importance or place in the grand scheme of things. He must experience how his seemingly little life is part of a Grand Master Play.

The nervous system is the gateway to this multidimensional perception that can allow us to discover what the purpose of our life is beyond our everyday mundane existence and how we truly matter.

INTERNAL ALIGNMENT

All forms of life that inhabit the material world face the constant threat of death and the inner stress that ensues, and they are therefore bound to be in perpetual action in order to ensure their survival. Each action they take in this direction affects their environment, which will react in consequence to it.

In the physical world, what connects different forms of life together is not consciousness, nor even love, but rather action, which is born out of the survival impulse.

In many eastern religions, this phenomenon is called Karma, which literally means "action." According to this concept, the material world, as well as the invisible worlds hidden behind the natural world, are set in motion because of the Karmic law. In fact, all forms of life within Creation are under the jurisdiction of this Law. To survive, they are essentially obligated to engage in ceaseless action, at one level or another. This is why in Hindu mythology it is said that the soul is a prisoner of the world and of Creation. Karmic law keeps it perpetually trapped in the cycle of action and reaction, and thus in the cycle of life and death.

In a sense this law is cruel and unforgiving. It is the law of the talion: "*You are to take life for life, eye for eye, tooth for tooth, hand for hand, foot for foot, burn for burn, wound for wound, bruise for bruise*."

– *Exodus, 21:23-25*.

Is the soul then condemned to live as a prisoner of the great wheel of Life?

There exists, in parallel to the law of Karma, another universal law. It offers man another avenue, another possibility. This is the Cosmic Law of Love and Grace.

In order to be "saved" from this great wheel, we cannot just ignore the law of Karma and pretend that we aren't under its control, the way that the New Age movement would have us believe. First, we must become totally and completely conscious of it and aware of the hold that it has on us, and from there we need to follow the guidance of a competent master in order to become "free" of it.

By becoming free, I don't mean that we won't be under its control anymore, since this is impossible as long as we are living in the body. I am however referring to freeing our consciousness, and this is a very important nuance to grasp.

The consciousness of the soul has the potential to become free from the body to which it is identified, to reconnect with its true nature and its real home, all the while continuing to live in the material world.

It is therefore through consciousness that the human being can transcend the natural law of action and reaction and start living under the Universal Law of Love and Grace.

This doesn't happen simply because "we want it." A complex process of dis-identification must take place, where the attention of the soul is withdrawn from its attachments to the body, mind and spirit. This is in fact the true objective of the spiritual Science of Yoga.

Love, as I am describing it here, is not an emotion or the fleeting feeling that we may experience when we "fall in love," nor even the product of opening our fourth chakra, but rather the Power that unites all the different parts of Creation. It is the indestructible and incorruptible power of cohesion that unites all the drops of water into an infinite Ocean. It is the Energy at the base of all Creation that can also be called God.

Moreover, Karmic law, though pitiless, is the expression of this Love Force in the material world and ties together all the forms of life through action and the instinct of survival. We can say that it is Love in its raw and unconscious state.

It is important to note that these two laws operate at the same time, on different levels. The body and the mind function under the

law of Karma, and the soul, when it is self-realized, under the law of Love and Mercy. For as long as the soul remains identified with the body and mind, it will be under the influence of Karmic law and will have to suffer the consequences of its actions.

When the soul is able to realize itself and access the Life current that sustains it, it can finally relax, recharge and enjoy, independently from the body. In fact, once recharged, it will be able to shine its Light through the body, which will consequently also start to feel soothed and relaxed.

The Supreme Alignment

There remains one more possible step to be taken by those who truly wish to experience "supreme alignment" and immerse themselves totally in the human experience in this 21st century. Currently, as you can clearly see, we are still dealing with two distinct lives: that of the soul and that of the body and mind.

How can the life of the soul be aligned with the material life of the body, to eliminate division and allow one life to serve the other and vice versa? How can there be peace between the body, with its desires and worldly impulses, and the soul that's essentially seeking peace and silence? Is it even possible?

There is a way to align the spiritual life with the material karmic life, and this is what true healing is really all about. In order to do so, it is not necessary to neglect any part of our life in favour of another, like monks and nuns from various traditions have been doing for so long, or in the other extreme, like we see with men and women who are entirely devoted to the cult of materialism.

The practice of Yoga essentially teaches us how to align the many facets of our life and our personality into one coherent organic Being, under the benevolence of the soul, in service to humanity and the whole Creation. In fact, it is much simpler than it sounds.

For this unity to take place, the body, buried under tensions that have been protecting it for decades and even generations, and that have been preventing it to truly release and open up to Life, will have to first rediscover its authentic state of alignment. In other words, the mind's grip on the body must be forsaken, and the attention of

the Pilot will have once more to come down to earth, in order to face reality, in this world. This is when the real process of healing and regeneration begins, and it is also when the body can finally organically open up anew, to the Earth and the Cosmos.

When the body achieves genuine relaxation through the process of conscious surrendering and feels the stability and power of the Earth circulating through its cells, a secret passage opens up inside of it, allowing the attention, which is the active expression of the soul, through the nerves, to withdraw from the manifested world and to gather at its central point of emanation, the third eye center.

That is when, for the first time, the Self starts to consciously experience itself in relation to the body, as well as the many energetic dimensions of existence.

The life of the body then becomes very distinct from the life of the soul, and the two start to recognize each other for what they really are: companions and allies that essentially have the same objective, that is to serve and to know peace. So then, how can their forces be united for the common good, rather than fighting against one another and constantly fluctuating from one extreme to the other?

The Intimate Relationship between Body and Soul

From this moment on, the pilot of the body, becoming once more conscious of himself and the reality of the natural world, will start developing a more intimate relationship with his vehicle. He will come to understand that the body has a destiny or Karma that is inevitable. So instead of trying to run away from it, why not work in synergy with it, and transform this force of action into something constructive for all of humanity?

When the soul starts to recognize the language and desires of the body, a sort of harmonious dance starts taking place between the two.

The soul, with its intrinsic knowledge of Reality, can then learn to use the karmic momentum of the body to serve suffering humanity with the Living Medicine of consciousness. The Karma is essentially the fuel that allows the car (the body) to move forward. It is then simply a matter of learning to guide the body's impulses in an aligned direction, rather than a destructive or selfish one.

In fact, the body depends on the soul, and the soul also "depends" on the body to realize its potential in the material world. It is only in light of this awareness that a real synergy can come to life between the natural and spiritual worlds.

The body now knows when its master, the soul, is exhausted and needs replenishment. The soul also recognizes the needs and characteristics of its mount (the body).

If the body isn't happy and doesn't have the chance to express its nature, it suffers, and as a result the problem-solving mechanism will get activated and the body will start to secrete thoughts. This disrupts the silence. If the problem is not quickly resolved, automatically certain compensations will kick in, which will inevitably create drama and numb the soul back into unconsciousness.

If the soul doesn't have access to its spiritual food, or in other words, the chance to retract its attention from the external world, to become centered once again and establish a connection with the current of Life, the body will quickly feel drained of any real Power and will have to compensate with all kinds of artificial energies, which will inevitably create pain and suffering, and re-engage the problem-solving mechanism once more.

This is how the intimate relationship between body and soul is created. Just like a rider with his horse, the soul learns to be in relationship with Nature, and Nature in relationship with the soul. When the horse feels that its master is good and just and that he actually has its wellbeing at heart, it gladly accepts to follow his guidance. When the soul respects the purpose of the body and wishes to help it attain its objectives as harmoniously as possible, the body opens up and becomes the soul's greatest ally on the spiritual journey.

It's important to remember that it is the body that has a Karma, a goal, a mission, and a reason for being. I am alluding here to the body in all its dimensions, subtle and gross, which are all intimately connected, forming an indivisible whole. The soul has but one single objective, which is peace, and which is only achievable by serving The One. It is not interested in the infinite story of Time, or Creation. Its only wish is to bathe in the infinite consciousness of the Divine and navigate through the Ocean of Life in order to reach its Source.

ENERGY AND COMPENSATIONS

As Einstein put it, everything is energy. We are bathing in an Ocean of Energy.

Nature is in fact a great converter that transforms spiritual energy into denser material energy. The nervous system works in the same way, but at the level of the body. Its job is to transform the subtle energy of Life into a bioelectrical current, capable of animating the human body.

We are literally connected to natural life and this plane of existence through the intermediary of the nervous system!

The chaos that we witness today in modern society is the result of being disconnected from Life, which essentially means living in a world where energy is limited. This happens to be quite problematic for an organism that was designed to bathe in an Ocean of Infinite Energy.

We are often under the impression that our body gets the energy that it needs from food. In reality, the life of the body depends on the Self, as well as its relation with the five elements: space, air, fire, water and earth.

The Self animates the nervous system as well as the entire body. The role of the five elements is to build or construct the frame in which the soul can operate. The role of the food we eat, on the other hand, is to help balance and sustain the internal, physiological functioning of the body. The body is a conductor of Power. Food makes certain that the materials of the body are replenished and thus resilient enough to channel the Force. But it is certainly not responsible for animating the human body, far from it!

We can see proof of this (and you might find it funny!) when we look at how the great majority of people in our North American culture currently consume foods completely void of life, energy and real nutrients. In spite of this, even those who feed exclusively off the carcasses of dead animals continue to exist and function, although they may be experiencing some problems along the way.

In fact, what gives the impression of being energized after a big meal can be attributed to the intoxication or poisoning effect that those "foods" have on us. In reality, most people "feed" off this irritation. They mistake it for energy.

When we are disconnected from Life and the Ocean of Energy, we are pushed to compensate. That's when the steak becomes "energizing," or a good coffee wakes us up to face the day! In reality, all this "food" is nothing but poison for the body, which stimulates, irritates and boosts the nervous system momentarily!

Of course, this energy deficiency or bankruptcy will eventually activate the survival alarm: "*Code red*! *Code red*!" But what can be done, if there is no real solution? Practically speaking, all the actions we will take from that moment on will have but one single objective: to survive or boost our "energy" – now!

In other words, and I know that this isn't necessarily easy to accept, all our exchanges, friendships, love relationships, troubles, sorrows, dramas, joys, stories, the whole spectrum of possible human experiences represent for the deficient body some kind of drug or artificial energy that will stimulate it and allow it to survive a little longer in a world that's facing a shortage of energy.

However, to access artificial energy (caused by friction), meaning energy that doesn't come from Life itself, always represents an attack for the nervous system, regardless whether it is considered "positive" or "negative." In other words, the artificial energy stimulates or irritates the body and nervous system, which gives it an impression of being energized, while at the same time this creates a more and more toxic internal environment and depletes the remaining Life force of the body.

When we do a good deed for example, this stimulates the body to open up and expand, and we are filled with liveliness and feel high for a short moment. Then quickly the body comes back to normal, and we need yet another stimulant if we wish to feel "alive."

Getting drained of energy is also a kind of high. When the body loses a great deal of energy, it is instantly triggered, since it must react in order to keep the organism alive. The person will then experience an activation, but of different and opposite nature from the one described previously. We can call it a low or a depression, which is in fact a "high" but of the other extreme.

Doing something that is considered bad also generates a high. The action, along with the toxins that it generates, will tense up the body and instantly stimulate the system, which will then feel as if inebriated.

Positive or negative deeds activate the nervous system in different ways. The good deed "opens" or relaxes the system, which allows the energy to circulate, whereas the bad deed further tenses up the system, which also enables it to access and make use of a strong dose of energy.

Of course, it is "preferable" to be dependent on good deeds rather than bad ones, but for the nervous system and the overall organism, both are binding chains: one is made of gold and the other of iron. In other words, the nervous system depends on something external in order to access energy and can never taste real peace and silence, which is what it is seeking in order to restore itself. The code red will therefore remain in effect, although the situation may be temporarily dealt with.

In reality, Nature, if you take the time to observe it, is neither positive nor negative. It is neutral. Vital energy is neutral. Neutrality has two facets that balance each other out, just like two sides of a medal. To be stuck in one extreme or the other is a sure sign of internal misalignment or disease, whereas having access to the neutral point gives us the possibility of experiencing the sun as much as the moon, to the degree that we want and need, without ever being dependent on either.

The Neutral Point

In university, when we study neurology, we are told that nerves have a rather simplistic way of functioning, a bit like an electric circuit: "on" or "off." Nerves are either active or inactive. For some nerves being "active" means they stimulate the system, and for others it entails that they depress the system, like in the case of sympathetic and parasympathetic nerves, respectively.

When I say "depress," I'm referring to a state of hyper-relaxation at the level of the nervous system, somewhat resembling the effect of a glass of wine or a hot shower on your body. I do not mean "depression" in the psychological sense of the word.

However, there is a nuance that I want to point out, which is not generally taken into consideration by anatomists and physiologists: the neutral state. Nervous inactivity doesn't exist per se within

the body. Theoretically, it occurs when there is no voluntary or involuntary action, in other words, when the system is at rest. But in reality, when the nervous system is "off," it is simply in a neutral state. It isn't "offline" like we might imagine. Think of a standard or manual car. When the transmission is in neutral, the engine is still running. The car is not off. Everything is waiting, rolling, getting ready for action.

In a neutral body, a gentle, soothing, restorative current in resonance with the energy of the Earth circulates fluidly through the nervous system and calms the body as a whole. The entire body purrs and vibrates at a cellular level when it comes in contact with this vibrational state.

The subtle current that passes through the nerves is not a current stimulated by action, meaning the need to survive. It is the result of the harmonization of molecules, as well as the neutralization of ions, generating a perfectly uniform and balanced field, which then gives birth to a subtle but very real current within the nerve circuitry, that has the property of quieting the body and regenerating it, from deep within.

This neutral state of the nervous system is very difficult to achieve, given the conditions in our modern life. In fact, nowadays, the nervous system is never actually inactive, or rather neutral. It is constantly stimulated, in one way or another, stuck in one extreme or the other. It has forgotten what it means to actually rest.

Truth be told, the relaxation that we may occasionally feel nowadays is what I call a relative relaxation. If I am under a lot of stress and if, with the help of a glass of wine, I "depress" my nervous system and go into a lesser-stressed state, is my nervous system actually relaxed? No, not in the least. However, I'm under the impression of being relaxed, since my state seems to have changed.

If my mind is haunted by negative thoughts, and I decide to repeat positive affirmations or practice visualization, my system will definitely be affected. It will eventually change from a negative to a positive state, giving me once more the impression of feeling better. But the system will not have released its anguish per se. I am simply feeling a relative relaxation. In reality, my system has simply gone from one pole of tension to another.

When I am full of nervous energy and I do intensive jogging for an hour, after the run I will feel relaxed. But in reality, I will have simply spent my energy surplus, and "vented" my tensions, which in turn has "relaxed" my system. The endorphins will also have contributed to creating this sensation of relaxation and wellbeing, which is entirely artificial, or induced.

The neutral point entails that the body is deeply anchored, relaxed and supported by Life through a stable structure. It is not engaged in any action whatsoever.

It is only when the organism feels completely safe that the nervous system can actually release. Paradoxically, the nervous system and the body can only truly regenerate when they reach the point of neutrality.

Social Games

Taking all of this into account, we can now understand that in the absence of real energy, the nervous system, in order to ensure the organism's survival, will have to engage in a constant exchange with the external world. Left alone, it would risk death. In other words, in the absence of real energy, all actions will automatically be based on barter.

To really grasp this concept, we need to realize that in the presence of a disconnected human body, the pool of accessible energy is limited. The energy must therefore be constantly recycled. When I give to you, I lose, hence creating a void, which energizes me negatively and pushes me into action, this time around to take or to lose even more. On the flip side, when I take, I am doubly stimulated, which pushes me to want to give or to take even more. This is how energy circulates between disconnected individuals, thus ensuring the possibility of their survival.

Society, with all its rules and laws, essentially creates a fertile ground for energy exchanges. Over time, it has also developed a system that makes it possible for those who really want it to always have access to more. Of course, this is at the expense of others, who, in exchange, will be negatively stimulated by the loss. In this way, a limited source of energy will be ceaselessly used and re-used, bringing

people on the verge of total energetic bankruptcy, but keeping them right on the edge of the abyss, without ever really letting them fall, while allowing the inflammation to grow slowly but surely. This inevitably leads, from generation to generation, to body mutations as well as the complex compensation mechanisms required to maintain the body's life, slowly giving rise to the New Man. This situation will of course activate, in an ongoing fashion, the collective problem-solving mechanism, which will then be required to create an artificial world in order to ensure everybody's survival.

The leaders of this artificial world, seeing very clearly where things are going, are counting on the parallel development of science and technology to eventually resolve this energy problem that we are all facing. By manipulating genetics and creating technologies that can strengthen the human body, they hope to one day eliminate the symptoms that they consider negative and reprogram the nervous system in order to make it better suited to cope with the growing inner stress levels caused by the Great Disconnection.

THE ARTIFICIAL PERSONALITY

In the artificial world, there is no place for what is natural. Only the artificial personalities are accepted, for they are able to interact with other artificial personalities, in order to circulate and even potentiate the artificial energy, born out of deficit, that currently supports the System.

What is the artificial personality? It is the amalgamation of all the compensations used by the natural being in order to survive within society. It is the social mask that hides and protects the human being from his fundamental reality.

Think about a newborn. He must be "educated" to be capable of functioning and living with other human beings in our society. He must think, act and talk in a certain way. To do so, he will need to repress, from a very early age, any natural drive that arises in him, and then be indoctrinated in a way that will ensure his survival in our world.

Through punishment, manipulation and energy games, he will start slowly but surely to identify with the different tensions and compensations created in him by his constant fear of death.

He too will eventually learn to use his lesions to play the game of society and access artificial sources of energy.

Throughout his life, he will invest more and more energy to develop his artificial personality, in order to become "someone" in the world, which will enable him to have access to a great source of energy at will, ensuring that he will live well and happily for the remainder of his life.

The artificial personality is what I call the ego. In other words: the fake self. It is the result of a problem-solving mechanism perpetually in motion, as discussed previously.

In fact, we can talk about two egos. There is the ego of the artificial personality, and there is also the ego generated by the identification to the spirit, or the "I AM." The latter is referred to by some psycho-pop movements as the "Good Ego." Both serve their purpose and are required in this day and age to operate sanely in the world. In the process of "attaining" supreme alignment, as I have described earlier, these two powerful forces will come into alignment under the influence of the soul, and their power will be channeled to serve Life. However, to be identified to any one of them is source of tremendous dis-ease and suffering.

With each energetic transaction, the natural Being's suffering is temporarily alleviated. At the same time, the artificial personality automatically gets stronger. The more the latter gains in strength, the more it will be able to preserve our life, in the hopes of ultimately gaining access to the elite, or the masters of the System, who have access to an unlimited "abundance" of energy, meaning a direct access to the artificial energy reserve.

About Artificial Energy

In the same way that the energy we currently use to get our cars running is a source of pollution for nature, the sources of energy that we mostly use to sustain and stimulate ourselves are toxic for the human body.

A person who receives and feeds off of someone else's energy is in fact suffering. For a little while, the person may be able to feel good to a certain extent, but quickly, the strings attached to that external energy will make themselves felt, the demands and expectations will accumulate, and this very same energy will become a source of obligations and problems.

For the body, this kind of artificial energy represents a kind of tension, positive or negative. Furthermore, tension implies acidity and toxicity.

Tension and acidity push the system into action. We can choose to use this propelling movement towards the resolution of the problem or towards palliation. But since we aren't conscious that there is a problem in the first place, we will by default continue to choose the way of palliation.

The more a person's actions go against Nature and encourage the artificial personality, the more they will generate high levels of tension and toxicity, which will stimulate the nervous system, thus producing a euphoric effect or a high.

This high doesn't need to be pleasant; it can also be extremely unpleasant. For the body, the trigger can be positive or negative: it is a question of choice or preference, or rather, of conditioning. Either way, as long as the body receives a strong dose of stimulation that will force it into action, it will get its fix and find a moment of satisfaction, if we can call it that.

THE ANIMAL BODY AND THE HUMAN BEING

Since the day we were born, and for thousands of years prior, we have been unconsciously educated to believe that Nature is bad. In fact, it is thanks to the development of society that we finally made it out of the jungle in order to become superior beings. Left in our natural state, we would still be savages and would still act like animals.

Animals, according to this paradigm, are of course dangerous, dirty and stupid. That is why we don't hesitate even for a moment to exploit, torture and kill them for food, clothes, or other human "needs." Our actions demonstrate our attitude towards them.

Paradoxically, in case you might have forgotten, when we studied natural sciences in grade school, we were taught that the different forms of life on Earth could be classified into six categories. Human beings fall into the category of mammals.

Considering ourselves as animals is not easy. Especially given our current perception of animals. In fact, how can we compare ourselves to animals if we are able to create symphonies, skyscrapers, and especially if we are able to ponder upon the mysteries of Life?

Today, with our high fashion clothing, our ties and jewelry, our makeup and high heels, our boob jobs and liposuctions, we find ourselves very far from the animal reign and Nature.

However, the most interesting part is, that no matter what, we still belong to Nature. A child can disown his mother, but regardless of his attitude towards her, he will always be her child. In the same way, the civilized human being has disowned his Mother as well as his origins. Regardless, this will never change the fact that in his essence, he belongs to the reign of Nature.

In the middle of all this confusion, the question remains: What is a real human being?

The human being is essentially made up of two parts. The body, including the mind as well as all its subtle components, and the soul.

The human body belongs to the animal realm. It is an intelligent mammal that's hyper-connected. However, the Life that inhabits this body belongs to the spiritual realm. Remember that contrary to all other forms of life on Earth, only the human being has the possibility to be conscious of his true nature. But this requires that the soul be awakened and aware of itself, so that the light of consciousness may truly shine.

In the absence of this Self-realization, the human being cannot really consider himself to be a real human being. At least not just yet.

By attentively observing the contemporary man, we realize that just like animals, the only things that really matter to him, behind all the masks and social games, are survival and reproduction, but in an obsessive way.

Remember that the intellect, contrary to our contemporary view, is in no way synonymous with Self-realization. This is a subtlety that's very difficult to perceive in our era of mass information.

The artificial intelligence – or the Entity – born out of an inflamed problem-solving mechanism, having evolved for generations, has gotten to a point of self-inquiry where it wonders about its existence and Life in general.

For some, this would represent the light of consciousness. But in reality, this has absolutely nothing to do with Self-realization per se, but rather represents yet another sophisticated manner to evacuate the increasing pressure and to ensure the organism's survival. In reality, those who follow, knowingly or unknowingly, the path of the great Serpent, have an opportunity to serve the evolution of Mind Consciousness. But that is quite a different affair than the true knowledge of Self as soul.

Like the great sage Sant Kirpal Singh has said: "*True spirituality begins where all philosophies and yoga practices come to an end*." The soul intrinsically knows, whereas the Entity is searching, doing.

So, in conclusion, what is a real human being? It is a soul that is conscious of itself and of where it comes from, that operates and lives in the physical world and expresses its essence in service to Life, through the interface of the human body, which belongs to the realm of Nature. It becomes then, as Kirpal Singh stated, a conscious coworker of the Divine Plan.

The Nature of Man

When we look at the situation on Earth, we quickly realize that something is not working. The more strategies we elaborate in search for a solution, the more the problem seems to worsen.

Presently the human body suffers from diseases never before imagined. And in spite of all the progress made by medical sciences as well as the resurgence of alternative medicine, we haven't even come close to eradicating disease and suffering, which continue to increase exponentially despite the billions of dollars spent yearly on healthcare products.

In order to solve the problem, science desperately tries (and who can blame it, for that matter) to find solutions and to exercise even more control over Nature and the body. Paradoxically, the more the world suffers, the more science receives the necessary support to grow and further study human genetics, in hopes that someday it will be

able to completely stop any and every expression of anything natural in the body.

Why have we become this way, concretely speaking?

The truth is that the human being was never meant to live in cities. He was never meant to walk on paved streets, to eat food from a microwave or to live in stacked up houses that resemble sardine boxes. He was never meant to make use of a cell phone, to live in an urban environment that is lit up and noisy 24/7. He was never meant to drink water that comes from a hydraulic system made of metal or eat savoury meals in restaurants. He was neither meant to bathe in electromagnetic fields, nor watch television and movies. In fact, what complicates things is that every mark of our so-called evolution as a species is in reality the essence or the very heart of our suffering.

The real problem isn't the cities, nor the cellphones, nor anything else that we have created per se. The real problem is the internal disconnection that pushes us to create an artificial world, which contributes to our destruction. It is this very same destruction that allows us to subsequently toughen up and essentially survive. All of it is quite paradoxical.

This disconnection forces man to create a world that stimulates him, sustains him, hardens him and, at the same time, destroys him. Can this vicious circle ever come to an end?

For as long as we are searching for a solution inside the System, we will never find it. The System is essentially a crutch for the diseased human being. We can make the crutch evolve technologically, but this will never solve the problem of humanity.

Beyond Appearances

In reality, everything is perfect just the way it is. When we scrupulously investigate Life, we realize that the infinite Genius of Creation is hard at work everywhere we look. Nature, in the larger sense of the word, which includes the natural world and the artificial world, is perfect and never makes mistakes.

Everything has been created in order to ensure the survival of the species, even if survival means leading the species in the opposite direction of its actual nature.

Even the famous heavy metals that can be presently found in countless products, and which have become the pet peeve of alternative medicine, serve the purpose of reinforcing and toughening up those bodies that are breaking under the influence of internal tensions.

Think about it. Disease and suffering always stem from tensions. Tension pulls and stretches the tissues. The tissues therefore have to resist the tension or else they would tear. When there's no release, and when we consider also the exhaustion of the system, how can the body support so much internal tension? To endure so much stress, it must resort to a system of external support.

Life, in its infinite genius, will push man, in his "insanity," to eventually create toxic products that in reality will serve as drugs, toughening him up and offering him the possibility to survive yet another day in an upside-down world.

You see, at the heart of Nature there is the Primal Power of Survival. This energy is the impulse of Life that puts the material world in motion. Our current situation, in spite of the Great Disconnection, demonstrates that beyond appearances, this primal instinct is always operating and can never really be corrupted. That power is truly the great Mother of the Creation.

Our modern civilization, although it may seem to be completely upside down, is a testimonial to the Genius of Nature, which makes sure at all times and no matter the circumstances that Creation is always able to advance.

In other words, all the so-called negative deeds that we do, such as eating too much fat, smoking cigarettes, taking drugs, as well as those acts considered barbaric and inhuman such as rape, murder and war, are in reality elaborate mechanisms of survival whose purpose is to solidify and stimulate the organism, by helping it to manage the incredible amount of stress that it has accumulated over generations. We can also note the privileged position that man has in Nature, since in a way, She allows him to "destroy" the rest of the natural world in order for him to survive.

Until when will he have this right? God only knows, but as the inexorable law of Karma explicitly states, for every action there is an equal opposite reaction. Sooner or later, the pendulum must swing back.

EVERYTHING IS IN ITS RIGHT PLACE

Nature operates in a very precise way. Everything in Nature has its specific purpose. Everything functions exactly as it should. No form of life steps out of line. Nobody pretends to be something they are not. Everybody respects their position in the great earthly and cosmic hierarchy.

As previously mentioned, we can compare Nature to a super machine, where each form of life represents an integral part of the whole. To ensure an ideal functioning each piece will have to be at exactly the right place, otherwise, chaos would ensue.

Concretely speaking, each species and form of life is regulated by its genetic code, which dictates to it exactly how to behave and to act. The human body, which is part of the mega-corporation "Earth Inc.," should also then have a blueprint that commands how it is supposed to live, as well as its specific role within Nature.

We always forget, but no animal goes to school to learn to be what it is. It instinctively knows. The cells of our liver or colon have not received any formal education in order to learn how to do their work. Taking this into account, shouldn't the wisdom of being human, along with everything that it implies, also be encoded in the depths of our genes and of our nervous system? Of course it should, and it is!

Presently, we have lost access to this wisdom. Through what phenomenon could this have happened? God only knows. However, we see the consequences on a daily basis, as well as throughout history.

To remedy this planetary confusion, we have tried to create for ourselves a sense of purpose and a direction. This explains why billions of people on the planet adhere to a religion or a specific religious denomination. Each group offers its disciples or members a code of living that shows them the just way of thinking, talking and acting. It essentially offers them a view of reality and teaches them what is good or bad, true or false, holy or sinful. Moreover, it gives them a "Big Picture" view on life and reality and infuses in their lives a sense of purpose and meaning.

Nowadays, new "religions" or ideological congregations have sprouted throughout the world, particularly in so-called civilized

countries, presenting people with new ideals to attain, as well as a new pantheon of gods and goddesses to worship.

However, the problem that systematically comes up with all "authorities," no matter who they are, is that they have by default to exert an external pressure on their followers in order to guide them in a specific direction.

Furthermore, even though certain congregations adopt positive values such as unconditional love, integrity, compassion, selfless service, success, sovereignty, courage, determination, etc., these qualities have not necessarily taken birth within the heart of the people, but are rather generated by mental conditioning, in order to reach "paradise" or some other ideal state or place.

Unfortunately, this kind of approach is bound to fail since it must fight against the fundamental desire or impulse of every human being: freedom. However, given that humans at present have no idea who they are, and that their nervous system no longer has an inner radar to help guide them, it is absolutely normal that they desperately get attached to any symbol or image that represents for them divinity or the Absolute.

The leaders of the different congregations, being conscious of this phenomenon, will not hesitate to use techniques of manipulation, propaganda and sales in order to keep their members active and interested. Masters of psychology, they know exactly how to play with the emotions and vulnerability of their "clients," in order to keep them faithful for life. Don't forget that they are fighting a war to monopolize your attention! With so many choices around, they have to know how to entertain you, otherwise, you might just leave to see what the competitor has to offer instead.

But my question remains: what about the inherent wisdom of the human being, where has it gone? Where is it hidden? Why does no one teach or guide us towards it? Who would man be if he had access to his intrinsic knowledge, if he was directly connected to Life and his system was "online?" How would he live? How would he think? How would he act? How would he eat? How would he organize himself? Who would man be, if he were in his real Power?

CHAPTER

5

[The Living Machine or the Biomechanics of the Human Body]

UNDER THE HOOD

When I speak about our disconnection from Nature, I'm not talking about a philosophical or mental disconnection that can be re-established by thinking about nature or by taking a walk in the woods, or even by living in the jungle for years. I am talking about a disconnection perpetuated over many generations, that is lodged in the very biomechanics and neurology of the human body, caused by the Primary Lesion, which has of course its corresponding aspect and dimension in the realm of the mental matrix.

If we want to understand what is really happening, in order to potentially rectify the situation, we must take the time to study our machine and to carefully observe the state and the internal functioning of each one of its parts. That being said, let's take a look at what is under the hood of our "car"!

For those who feel intimidated by anatomy, rest assured, what follows is simple and accessible.

In fact, what I want to share in this segment of the book is a basic way of seeing and understanding the human body as an integral whole. It is not really the anatomical or physiological details but rather a global understanding that's important.

Often, we confuse understanding with memorizing. Learning big words by heart and filling our head with impressive information doesn't mean that we understand how things work. However, when we do have a solid foundation, it is easy to deepen any subject in very little time.

HOW DOES THE BODY WORK?

When we begin to explore the human body, whether it is via our own body, or even to a certain extent by offering palpation or therapeutic touch, one of the first things of which we become conscious is that the body is alive. It moves. In other words, every organ, muscle, artery, bone, ligament, etc., is a living organism in itself that has its own movement.

Take for example the group of cells that make up the shoulder blade. Although the shoulder blade consists of several millions of cells

and is connected to all the other parts of the body through various tissues (fascia, ligaments, muscles, etc.), it is in fact an entity in itself. This means that the cells that comprise it are different from the other cells in the body, and they are assembled in order to create a collective that we commonly call the shoulder blade. Similar to a well disciplined army division, this great family of cells unites each of their individual strengths in order to function together as an indivisible whole. The common saying "*One for all and all for one*!" cannot be more clearly put into practice! As a living entity, the shoulder blade has its own level of vibration, as well as its own movement and personality, just like us, and every other life form on the planet!

We can see this same phenomenon systematically throughout the entire body. The liver, for example, is a colony of cells that join together to create an entity that has its own unique personality, in other words, the liver moves, breathes, and feels, since it is alive.

In the same way, just like every cell is an individual entity, each collective of cells, i.e. each tissue, is an organism in itself, which - again - has its own movement and unique personality, or individuality. These different tissues (tibia, radius, portal vein, bladder, thyroid gland, etc.) unite together to form a super organism called the human body, which also has its own movement, as well as its own personality, built of course with the different parts of which it is comprised.

Imagine meeting an extraterrestrial that looks like the human heart. A living creature with an appearance completely different from yours, with its own language, its own way of moving and expressing itself, and even its own life mission and reason for being. This is exactly what's happening with the human body. Each tissue is essentially a living creature, like an extraterrestrial that lives in a world of its own, where there are other creatures also operating and where a story is unfolding with its ups and downs, moments of joy, as well as difficulties.

Of course, the pancreas or the right temporal lobe or even the triceps, as living organisms, do not have the same "freedom" as us. They have certain constraints that limit their movements, but this doesn't change anything about the fact that they are just as alive as us and have their own unique way of expressing life.

Cellular Vitality

With each inhale or exhale, our lungs fill up, and our thoracic cage inflates and deflates. But why exactly do we breathe? It is so that the individual cells that make up all the different parts of the body can breathe. In other words, in a healthy body, at every breath, the 75 trillion cells inflate and deflate, as they inhale and exhale.

But beyond the movement generated by thoracic breathing, the very simple fact that the cells and tissues are alive implies that they have their own respective movements, each very unique and particular. In fact, this goes for every tissue in the body.

Furthermore, we can differentiate a healthy tissue from a suffering one through its capacity to express the movement generated by life. If the tissue is suffering, for one reason or another, the movement will not be expressed entirely. It will be restricted and sometimes in the case of more serious trauma, almost completely absent. In other words, life will not be able to vibrate through this tissue.

It is important to note that the individual movement of each of the body's tissues is independent from the movement generated by thoracic breathing, and that it is, in fact, detectable even if a person holds his or her breath for a few seconds.

What Limits the Expression of Life in the Tissues?

The moment a living organism feels threatened, no matter what the reason, it reacts in one of two ways: either it fights, or it flees. In other words, a tension takes hold of the organism in order to generate a survival response.

If the tension is not released to generate an action, it will stay lodged in the tissues and serve as a shield, until presented with a better opportunity to resolve the problem.

A healthy tissue is always relaxed. That's how it is able to express the natural motion of life, similar to a newborn baby. On the other hand, a suffering tissue is by default a tense tissue. Tension literally chokes the Life out of the body. However, let's be clear: Life, as such, can never be killed or wounded.

As you know now, when the arterial complex is free, cells have access to all the Life they need in order to be vibrant. However, if the same arterial complex is blocked, Life will not be able to express itself

through the cell, which will automatically slow down its movement. And from stagnation, inevitably follows death.

The concept of cellular and tissular movement is essential to understand. I am not referring to a mechanical movement, like that of an elbow for example, but instead the unique movement of each organ and tissue that originates from the Life that animates its respective cells. Although subtle, it is perceptible and independent from the mechanical movement generated by thoracic breathing. The vitality of the cell or tissue, then, is reflected by this movement that is independent from all mechanical expression, although obviously there exists an interconnection between the two.

From now on, when you look at an anatomical picture or drawing, consider that all the parts that you see are actually constantly in motion. Contrary to the drawing where everything is static and "perfect-looking," the body is in reality animated and the tissues are always interacting with one another. It is reminiscent of the passengers of a jam-packed bus. Everyone is constantly adapting to the situation. That's life!!

THE NERVOUS SYSTEM OR THE TREE OF LIFE

When we look at the central nervous system, we are in the presence of a living organism that moves, breathes and has its own complex personality, and that somewhat resembles a beautiful tree, with its deep and manifold roots.

We have the crown of the tree that is essentially the brain, which is separated into two hemispheres by a point of junction called the corpus callosum (literally "rough body"), which enables proper communication between the two parts.

The trunk of the tree is the spinal cord, which goes from the base of the skull all the way down to the level of the lumbar vertebrae.

The point of junction between the trunk and the crown is equivalent to the brainstem as well as the limbic brain, which is in charge of the primal survival functions as well as managing emotions.

The roots of the tree, essentially the lower extremity of the spinal cord, are called the "cauda equina" (meaning "horse's tail") that goes from the lumbar area down to the sacrum. It is made up of the same nerves

as the spinal cord but without the protective sheath that keeps them together, which results in them having the appearance of a horse's tail.

The Brain

The word "brain" generally makes us think of everything that can be found inside the skull. However, the content of the skull, officially called the encephalon, is divided in many parts, including the right and left hemispheres of the brain, the cerebellum, as well as the brainstem, the thalamus, the hypothalamus, the pineal gland, etc.

Each of these different parts has a very specific function and works in synergy with the whole. As it happens, scientists continue to pursue their research and to discover on a daily basis new information about the nervous system and the "brain."

Rather than going into complicated details, like the terminology of each part or their exact location, let's use a simple visualization to see what it is really all about. But just before we dive in, let me remind you that although anatomists divide the body into parts, in reality, the body is an integral whole. The encephalon is actually one continuous tissue that remains connected with the whole body at all times.

Protective Membranes

The encephalon, like most of the other main organs of the human body, is contained in a membrane that not only offers it an additional layer of protection, but also attaches it to the body's bone structure.

Each protective membrane envelops a specific organ, while at the same time remaining separate from it. In fact, all the different layers of the body are closely connected, but they always maintain their own sliding surface. This is what makes the body mobile and flexible.

Visualize an empty plastic bag. You can slide the two sides in between your fingers. In the same way, the different layers of tissues in the body have the capacity, if the body is healthy, to glide against one another. Thanks to these membranes as well as our ligaments, our bodies can take on various positions or postures and engage in different activities, without the internal content of the body "spilling out" or changing places. Everything remains contained and in its rightful position.

The membrane specific to the brain and the spinal cord is commonly called the dura mater. In fact, this membrane is made up of three distinct layers, and it is the third and most external one that is officially called the dura mater. The three layers are also called the meninges. In osteopathy, we also refer to these as "the core link."

It is between the two first layers that the cerebrospinal fluid circulates (which you've perhaps heard before). This fluid plays many roles: it offers an additional layer of protection to the central nervous system, it feeds the nerve cells, it cools the central computer, and it also vibrationally conducts the energy traditionally called Chi or Prana (vital breath) throughout the body.

In a healthy body, the three layers that envelop the spinal cord glide perfectly in relation to one another. There is no friction or adhesion that restricts their movement. This is precisely what ensures the fluid circulation of nervous impulses through the spine, as well as the optimal mobility of the spinal column and cranium.

Along the Spinal Column

In the same way that a prudent cyclist wears a protective helmet on his head, the encephalon is also covered with a protective helmet commonly called the skull. And just like a hockey player wears equipment in order to protect his body from abusive hits, the spinal cord is also protected by the vertebrae of the spinal column.

Each of these vertebrae looks like an irregular donut with a hole in its center. When we stack the vertebrae one on top of the other, this creates a long tunnel through which the information highway, the spinal cord, can pass. Furthermore, in between each of the vertebrae, there is a disk filled with liquid that functions as a shock absorber. If this disk tears, the liquid inside begins to press against adjacent nerves, which could eventually lead to what we call a herniated disc.

The spinal cord, as previously mentioned, ends at the lumbar level. However, the individual nerves continue to go down through the spinal tunnel, and from this point on are referred to as the cauda equina. The cauda equina resembles the roots of a tree that are deeply anchored within the body, more specifically in the pelvis and sacrum, traveling all the way down to activate the lower limbs.

The sacrum is the bone at the bottom of the spinal column, and it is an integral part of the pelvis. At its extremity we find the coccyx. Both the sacrum and coccyx are comprised of various bones (5 and 3 respectively), which are fused together.

A semi-elastic ligament originating from the dura mater at the lumbar level connects it to the coccyx. The purpose of this connection is twofold: for one, it stabilizes the dura mater and secondly, it keeps the entirety of the spine connected as one indivisible whole. In other words, if we happen to fall down on our behind and the coccyx is affected, this will not only affect the area in question, but also potentially, via this ligament and the dura mater, the bones of the skull, as well as the encephalon.

Please note that the dura mater, which passes through the vertebral canal, is also attached to the spine in different places by small ligaments.

To give you an example of this connectivity of the spine, years ago, when I began my practice, I met a patient who suddenly developed tonsillitis, after falling on her rear-end in the winter. By the way, all the big medical words that finish by "itis" such as tonsillitis, tendinitis, etc., mean that the tissue in question is suffering from inflammation. I treated her coccyx and noticed that the fall had generated, via the dura mater and other chains of tension, an additional irritation at the level of the cervical vertebrae, which were already tense. As a result, the tonsils were compressed further, thus triggering the tonsillitis (inflammation of the tonsils).

It is easy to understand how in this case taking anti-inflammatory pills or antibiotics would only fight the symptoms. Her problem was not caused by horrible parasites but was due to tensions accumulated in her body, as well as a trauma that pushed the established equilibrium over the edge.

CRANIAL MOBILITY

I was on a flight from Dallas to Toronto, coming back from a trip to South Africa. To my great surprise, I was seated next to a surgeon specialized in cranial interventions.

During our exchange, he inquired about my work, showing a lot of interest and curiosity. I mentioned to him that according to my

experience, suffering and pathology are the fruit of accumulated tensions stored within the body over time, which affect blood circulation through the arterial complex, thus generating a lot of toxicity and acidity. In response to the compression of the arterial complex, the body sets off compensation mechanisms that further stimulate the system, which makes it even more toxic and acidic.

Having never received an osteopathic treatment, he wanted to know how a treatment would practically unfold. I took the time to explain to him in more depth the effect of the therapeutic touch on the tissues, which brought up the subject of the bones of the cranium. I cannot deny that I was already well aware of the medical point of view with regards to the cranial movement. But being who I am, I also could not resist testing him to see his reaction and hear his take on things.

"*It's really something to touch the skull of a patient,*" I said, *"and to realize that his brain is "twisted" in a spiral and that the cranial bones are misaligned, which compresses certain cranial nerves and hinders blood circulation, as well as the venous sinuses of the skull. How can the brain be expected to function properly under such circumstances? There is no space for movement and vitality. All the tissues are stuck and simply cannot express their natural movement. In fact, the movement of the cranial bones creates a pumping effect, which makes the cerebrospinal fluid circulate throughout the central nervous system…*"

The surgeon in question specialized in treating encephalic aneurysms. An aneurysm occurs when an artery becomes dilated in a specific place, or generates a "blister," thus creating an imbalance at the level of the blood circulation, also impacting the internal arterial pressure and affecting the neighbouring structures. Sometimes the blood will form clots in the blister, which can be swept along into circulation, something that can potentially cause a cerebrovascular accident (CVA). The aneurysm (or blister) can also "tear," thus creating an internal hemorrhage, which can cause death by compressing a vital organ.

The more I was talking to him about the bones of the cranium, the more his gaze was changing, as well as his mood: "No way," he interjected mockingly, *"You're not going to tell me that the bones of the skull move… come on. Listen, the cranial bones don't have mobility! My hands are in there all day long!"*

It's Alive!

It is an undeniable fact that the bones of the skull do move, and we can all perceive this subtle yet very palpable movement if we want to. We need only sit down, calmly, with the head of a "patient" between our hands and wait quietly. With a little bit of practice, the movements become easily perceptible and discernible. In fact, the movement of the cranial bones is a measurable and quantifiable biomechanical reality, as proven by some osteopathic researchers.

Everything that is alive must by definition move! Life is movement, as Dr. Andrew Taylor Still used to say, and the cranial bones are no exception to the rule.

The Living Brain

Imagine the brain with its billions of neurons working, breathing, evacuating, living... Knowing that the brain is a living organ, it is only normal that it will be affected by the intensity of our daily activities and circumstances, and that it will require an environment that is adaptable to the needs of the moment.

Furthermore, don't forget that the bones of the cranium are also made of living cells, which have their own ways of expressing life. In other words, the bones, as independent entities from the encephalon, also move. And when two, three or even four bones articulate with one another, they need to learn to dance harmoniously together to ensure the optimal functioning of the structure in question, in this case the cranium. But beyond all this more subtle motion, the encephalon, just like the lungs and all the other organs of the body, will inflate and deflate with every breath. The cranial bones need to have mobility in order to allow this expansion to happen, both upon inhaling, and by following through with the exhalation.

Imagine if your ribs didn't move anymore. It would be very difficult to inhale deeply, wouldn't it? It is exactly the same for the skull! If the bones of the cranium didn't allow even the slightest movement, the brain would be compressed and would have a very hard time fully inhaling (or exhaling for that matter). In fact, it is interesting to note that most people that suffer from headaches or migraines have non-mobile craniums. We don't call them hard-headed for nothing! You

must surely have some hard-heads in your social circle. In fact, you may even be hard-headed yourself. Literally!

Why not try it? Place your hands on your skull, settle down for a moment and inhale deeply a few times. You will see for yourself that it moves!

And if you don't feel much after having tried calmly a few times, try with someone else's skull. It's very possible that yours is rigid.

Sutures: The Gills of the Skull!

The skull is made up of eight bones interconnected via cranial articulations that we call sutures. These sutures look somewhat like the gills of a fish. As it were, the osteopath W.G. Sutherland, one of A.T. Still's students, who was fascinated by the cranium, was walking one day through the hallways of the osteopathy school when he had a "Eureka" moment that changed the history of osteopathy forever. He realized that the bones of the cranium resembled the gills of a fish, and logically it followed that they must also move in a similar fashion in order to allow the cranium to breathe. This is when he decided to test his theory on his own cranium. By placing cranial screws on his head, he was able to discover what happened if he inhibited the mobility of the cranial bones, one by one. Quickly, he witnessed within his own body the emergence of different symptoms, including nausea, migraines, headaches, as well as loss of appetite, facial sensitivity and strength in the facial muscles, amongst others.

The sutures have mobility, and although it may be very minute, it is sufficient to allow each bone to express, in synergy with the other bones, its own vitality and offer the encephalon the necessary space to be able to benefit from a deep inhale.

Obviously, the sutures don't have the same mobility as the articulation of the knee or the shoulder. But they do have their own specific movement that allows Life to express itself.

It is quite surprising (and at the same time quite predictable) that the surgeon, "master of the brain," was not conscious of the cranium's reality, despite the fact that he operates on this part of the body and manipulates it on a regular basis.

As a matter of fact, classical anatomy and biomechanics books don't even allude to cranial mobility. Here I am not talking about the movement "of Life" per se, which could be considered by some as esoteric, but simply of the cranial movement associated to the thoracic breathing and the pumping system of the cerebrospinal fluid.

Just like the bones of the cranium that lock together like the gears of a clock, all the different parts of the body fit together and are therefore directly related to the cranio-sacral movement. This cranial motion is in a way the epicenter of the movement of Life expressed through matter.

The brain, as previously mentioned, is perfectly positioned within the cranium. Just like a hand inside a glove, there is only room for the hand, nothing more. So, if for example the glove were to shrink for one reason or another, the hand would be compressed and restrained. Similarly, if the hand were to swell up, this would create pressure at the level of the glove and would generate an uncomfortable pressure on the hand.

The cranium is composed of living tissues and therefore reacts to stress and trauma, like all the other tissues, by contracting. We aren't used to visualizing a bone as a living tissue. We imagine it as dead and dry. But in reality, a healthy bone is alive and filled with blood, like a sponge. It is a tissue similar to the other tissues of the living body, although it is denser in nature.

This means that if the cranium receives a shock or is affected by internal stress, the brain will be affected to a certain degree as well, depending on the intensity of the trauma. On the other hand, if the brain is overstimulated and consequently needs more oxygen, and the cranium that protects it is rigid, it runs the risk of being compressed within the cranial box, which would potentially cause headaches and all kinds of other complications.

LIVING ANATOMY

Centuries ago, the first anatomists set off on a journey to officially study the human body within a contemporary scientific framework. For this purpose, they used corpses. However, as you know, there is

a world of difference between a living and a dead body. A living tissue moves, breathes and responds, whereas a dead tissue is dried out, rigid and immobile.

In other words, the anatomical knowledge that is at the foundation of our medical science is literally based on death. Although the living body and the dead body both share identical structures, their condition or situation is not at all comparable. It is therefore impossible to really grasp the internal functioning of the human body or its multiple dimensions by studying classical anatomy. By studying corpses, we can of course get a sense of the different components of the human body and their anatomical details, potentially allowing us to visualize the internal reality of the body. But in no way can we understand the intimate synergy that really exists between the tissues, the psyche and Life.

The sacred teachings of the human body that I have been sharing with you since the beginning of this book are all based on living anatomy, which is anchored in a paradigm of Life, rather than a paradigm of death. And although we may be studying the "same" human body, we are simply not looking at it through the same lens.

In a living body, the tissues are all interconnected and affect one another. If a tension is exerted on one part of the body, then, just like would happen with a spider web, the whole body will respond, and it will also compensate in order to maintain some kind of balance. This implies that a muscle or organ never acts on its own. The body is an integral whole.

If pain is felt in the knee, this can be "caused" by a digestive problem such as chronic constipation that affects the mobility of the pelvis and the lumbar vertebrae, which may deviate the posture of the body towards the left and therefore create an additional compression on the knee, which was already prematurely worn out due to a sports accident from adolescence. Everything is interconnected. This is the very essence of life.

The Experience of Life

We cannot learn about Life by studying death. In fact, we cannot even study life by observing Life. We must literally plunge into Life in order

to study and experience it. This nuance makes all the difference in the way we view the world. This is essentially at the heart of my message. We can read or study as much as we want, but this will not awaken the consciousness of a human being, even if the knowledge that we read is correct. The only way to know Life and to understand its mechanisms is through direct experience.

SURVIVAL REFLEX

The worm!

As previously explained, the body's basic reflex, when confronted with a threat, is to either fight or flee.

But what happens if it cannot react in this way, as is the case for contemporary social human beings?

The body will literally turn in on itself! This means that the digestive tube, the internal organs and the central chain, with the help of the anterior muscles of the body, as well as the action of the psoas that brings the lower limbs into flexion, will make the body curl up like a fetus.

Think of a worm with which you are playing a little mischievously. As soon as it feels threatened, it will close up to protect itself. The first reflex of our body is the same, to curl up and wait for the storm to pass. In the position of the fetus, all the vital organs are protected by the spinal column and the spinous processes of the vertebrae. The cranium places itself against the chest and is at the same time shielded by the upper limbs. It is the best and safest position for the body, and coincidentally, it is in this same position that it grew inside the mother's womb.

We systematically forget this, but everything that isn't natural for the human body, meaning everything that isn't directly made by Nature, is foreign and therefore perceived as a threat. When an organism adapts to an unhealthy environment, this doesn't mean that it is happy or at ease. Rather, it has become numb in order to be able to function as best as possible and survive. In other words, it is still affected.

Consider for a moment the effect of the intensity of our daily lives on the body, as well as the different "threats" that come at us from all sides and angles.

In nature, an organism that is threatened by an aggressor has the opportunity to either escape or defend itself. However, in the urban jungle, with the psychological and financial threats, as well as the energy manipulations, most of the time, when we are faced with danger, it would be very disadvantageous to run away or bite our antagonist. Instead, we remain cool and under control. However, our nervous system will still feel under attack and will want to protect itself, even if on the outside, we keep up appearances.

In other words, on the inside, the body is curling up, while on the outside, depending on our training and conditioning, it keeps up the appearance of being strong and on top of things. However, internally, the natural survival instinct of fight or flee still remains active.

Nowadays, because of the systematic rejection of our natural response mechanisms, as well as the general disempowerment experienced by most individuals, we can neither fight nor flee, and curling up becomes more often than not the only solution left to survive.

Of course, all of this consumes a great amount of energy! And to this we must also add the energy invested into compensations, which maintain the body and individual standing upright, looking strong, with a mock smile on his or her face.

Basic Needs

Nature provides for all its children water, food, a place to live, a pure environment, fresh air, one or many partners with whom to reproduce, and of course, a lot of silence. All the basic elements necessary for survival are available in abundance, for free, to all the forms of life on Earth.

However, nowadays, in our civilized world, none of these basic needs are naturally available. If we want to eat, we need to go to the grocery store to buy food. In order to do this, we need money. To have money, we need to work in one way or another for the System, which will pay for our labour with paper, which will enable us to buy some food. If we want to grow our own food, we cannot really do so, because the land already belongs to someone we call the "owner." In order to find shelter, we need money once again, otherwise we will find ourselves in the street, without access to natural resources. If we want to

hunt for food, we need a permit, which requires money, as well as a social insurance number, etc.

For the nervous system, which belongs to the animal reign, these living conditions are extremely abusive. For it, they represent an incomprehensible trauma. Since the nervous system (and consequently the body) has no foundation on which it can truly relax, and since its survival is perpetually threatened, it only makes sense that the body would tense up in order to survive.

Take note that this phenomenon is just as valid for a person that doesn't have a dime, as for the son of a millionaire. Money doesn't exist for the nervous system. It has no value in the eyes of Life.

To this, we must not forget the fruits of modern civilization: noise, smell, pollution, distorted music, artificial lights, the anxiety carried by the people surrounding us, publicity, the media, television, electricity, electromagnetic fields, cellphones, microwaves, alcohol, drugs, cosmetic products, taxes, laws, toxic food, and so many more, which are a constant aggression on our system, to which we eventually adapt, but which are nevertheless ravaging our inner resources.

Essentially, the body and nervous system are continuously tormented by an enemy that simply isn't part of the natural order of things. In fact, the more we "evolve" as a society, the less the body can allow itself the luxury to express its instinctive defense mechanism of fight or flight. A human being no longer has the right to fight, nor does he have a place to run to per se. Everything around him is now regulated and controlled by "authorities" that have the "right" to enforce the law, thanks of course to their "legal" weapons.

As mentioned before, facing these ongoing attacks, the nervous system and central chain, attempting to protect themselves from this invisible enemy, will react exactly like the worm: they will become tense and curl up on themselves.

However, in our civilized world where we are conditioned to look a certain way, this survival reflex is no longer really permitted either. In fact, our artificial personality with which we are so identified and in which we have invested so much cannot show itself in this light: it would be a threat to its own survival.

You now understand that although we may play the role of being strong and in control, underneath the masks, our body and our true

profound nature are deeply suffering. They are literally closed up on themselves, and with good reason! But to the outside world, we must at all times keep up the façade. Our life depends on it.

Consequences

Each threat perceived through the intermediary of the senses brings an immediate problem to our attention, which has the effect of tensing up the body, in order to remedy the situation. The tension acts on the body like a dam in a river. It blocks the current of life in order to create pressure or a potential that will eventually be released to generate movement. In order to take action, many other systems and organs must come into play – the heart, the respiratory system, certain glands, the kidneys, the muscular system, the nervous system, etc. The body as a whole must finally respond in order to answer the call.

Since in the case of the contemporary human being the threat is constant and invisible, the tension can never really be released, nor the problem resolved. The tension will therefore remain stored in the tissues, wearing them out over time.

Moreover, the body, no matter how much we try to manipulate it in order to release tension, cannot truly relax in an environment that is by definition against its own nature. Of course, we can help it relax superficially, but nothing more. With time, it will learn to adapt, but it will never really be able to let go, in the true sense of the word. In other words, the tissues of the body will begin to store up tension over tension, and disease will slowly but surely begin to take a hold of the body.

Imagine the effects of tension accumulated for years, decades or even an entire lifetime. Imagine the effect of those tensions being transmitted from one generation to another. We shouldn't be surprised, if after a certain amount of time, the organs, tissues and overall structure start to lose their capacity to function optimally, thus creating all kinds of other complications. And when the time comes for medical testing, we also shouldn't be shocked to see results displaying more serious pathologies and diseases. It is absolutely normal in such circumstances!

Disease doesn't fall from the sky. It is the result of accumulated tension, as well as the effect of compensations on the body over time.

LAVOISIER'S SECRET

The renowned French chemist from the 1700s, Antoine Lavoisier, once said: "*Nothing is lost, nothing is created, everything is transformed*."

Indeed, nothing is lost, nor created, everything is transformed. When the body is healthy and aligned, the arterial complex functions perfectly and provides the living cells with everything necessary in order to prosper. As we have seen earlier, when the arterial complex is affected by a tension and loses let's say 30% of efficiency, the cells supplied by this arterial complex will only receive 70% of what they need. But what happens with the loss of life, or potential, especially in the light of Lavoisier's theory?

When we say that a cell is losing part of its potential, we are essentially saying that the cell is slowly dying and is no longer capable of expressing Life fully. Life however cannot be stopped. It must continue to flow and express itself, and it will therefore find a new avenue to shine. Death is a living process, just as much as birth and the process of maintaining life, and this is something that we generally ignore or misunderstand.

All organic and inorganic organisms are composed of atoms. When they die (read: when the cells of that organism are no longer able to express the fullness of the power of Life) Nature will recycle them in order to reclaim their basic elements. To do so, various microorganisms such as bacteria, viruses, fungi, worms, etc., will come to feed off of this dead matter. Their function is to decompose decay in order to give the opportunity for new life forms to take birth.

To give you a better sense of the actual job of these microorganisms, imagine a world without them. Without microorganisms, fallen trees from some 100,000 years ago would still be around. The carcasses of dead animals also. Our planet would essentially look like a junkyard, filled with useless stuff, that once was and is no more. There would be no place for any new life to grow. We could also argue that perhaps there would be a lack of atoms. But who really knows?

Microorganisms, like every other form of life, are alive and the expression of the Infinite Intelligence. In fact, some researchers believe that they are lodged within the tissues themselves, in a dormant phase, waiting to be activated when "death" arrives, in other

words, that they are generated by the cells and body itself, as an intelligent "self-recycling" mechanism.

When a specific tissue or organism as a whole, is no longer able to express Life, Life will find another way to express her Power.

We often forget that life and death are both facets of Life. If we take a closer look at what we call death, we will see that it is also full of Life. All these microorganisms that depend on death for their survival are just as alive as the cells of our body when they are at their full potential.

Nature is benevolent and operates under the law of cause and effect. Nothing happens without a reason. These organisms do not attack us, like some experts would have us believe. On the contrary, they are looking for a fertile ground where they can also prosper and be useful. When we understand the genius of Nature, we quickly realize how childish and immature it is to blame these organisms for the death or suffering that we may endure.

Can we honestly blame worms, flies and bacteria for the death of the steak that we left on the counter for two weeks in the summer? We can all agree that these bugs are there because the steak has been dead for a while, and they are there to feed off the carcass, or, in other words, to clean it up.

In the same way, when the human body suffers from some disease or pathology, i.e. when the artery complex is jammed, and the cells begin to slowly decay, microorganisms will start to appear in order to clean up the dead material. It is not the bugs that have caused the disease (or the death), but rather the absence of Life and lack of proper circulation. Their work is simply to clean up and create space.

As I have repeated over and over throughout the pages of this book, and hopefully explained clearly, disease as we know it is an illusion. Disease is merely a symptom, caused by the lack of proper circulation over time.

Traditional and even alternative medicine seek to destroy microorganisms in order to bring back health. If we understand how the body and Nature truly function, it becomes clear that their approach is purely palliative and does not at all address the situation. That being said, what happens to the actual cause of the problem, and how does this approach affect the body in the long-term?

The Hindu Trinity

Everything in Nature is born, lives a certain amount of time and then dies. These three principles or forces represent the three different facets of the Power of Nature and, together they allow the material world to operate harmoniously. In Hinduism, they were given the names Brahma, Vishnu and Shiva, respectively. It is therefore through these bugs or microorganisms that Shiva, or death, can express himself concretely in matter and allow Brahma, or creation/birth, to emerge again.

By eliminating microorganisms, we are literally cutting the flow and expression of death, which as previously stated, is just as alive as Life.

Because of our careless acts, without realizing it, we have literally prevented Life from expressing itself in order to maintain balance. Thanks to antibiotics or certain plant medicines, we may have managed to suppress symptoms temporarily, but we have not solved anything per se. If anything, we have made the situation worse.

In fact, there was no problem in the first place: everything was functioning perfectly. By eliminating the microorganisms, we haven't healed anything, we have simply prevented Life from expressing itself.

By mistaking the natural mechanisms of Life for a disease or problem, we have deprived the body of the opportunity to heal.

Following our suppressive actions, the cells in the affected area will no longer be really alive, nor quite dead. They will be arrested in a state of limbo, in desperate need for intense stimulation in order to feel jolted and temporarily alive.

Let's be clear. Death cannot be fooled. Although it may be suppressed, it will remain present in the depths of the body, lurking in the darkness, waiting, like a volcano, slowly preparing for years before erupting.

Nota Bene

When we understand how the body and Nature function, we then have all the tools we need in order to work in tune with Life, rather than against it. Using an antivirus isn't bad per se. What becomes detrimental is to work against Life, especially from a place of unconsciousness and fear.

In the case of an emergency, the classic antiviral method could be used temporarily to palliate the symptoms and the acute pain that are afflicting the patient. But we will know that the problem has not yet been addressed, nor resolved, and that the true process of healing entails treating the real cause of the problem, meaning the tensions that have been stored up in the tissues for generations.

ALONG THE SPINE

The human skeleton can be compared to a Christmas tree. This means that all the tissues of the body, including organs, muscles, fascia, etc., are "hanging" on the skeleton, in one way or another, like Christmas ornaments hanging on the tree.

Take the heart for example. It is covered by a tissue or hermetic bag called the pericardium. It is then attached to various nearby structures by ligaments, like the cervical ligament that ties it directly to the vertebrae of the neck. It is also connected to the sternum, the breastbone, as well as with the fourth thoracic vertebra.

But that's not all! The heart is also sitting on the diaphragm, which is directly linked to the ribs and lumbar vertebrae, thanks to other ligaments and fascia. It is closely linked to the lungs, as well as the esophagus and trachea. The esophagus in turn is attached to the vertebrae through other ligaments. The same goes for the trachea or windpipe. Essentially, all the structures of the body are linked to the skeleton, in one way or another.

Now, when the heart tenses up, whether because of a specific fear, sadness, rejection, or whatever the cause, it is not simply the heart that reacts, but also the entire environment with which it is connected.

Organs are very sensitive to psychological and emotional tensions and have the tendency to curl up and close themselves when they are under tension. Imagine the effect on the neck for example, if the heart were under significant stress?

The heart, which is well-suspended and stabilized inside the thoracic cage, when it is faced with stress, will inevitably pull on its attachments. Its anguish will therefore affect the vertebrae of the

neck, the sternum, the diaphragm and also the ribs, the lungs, the esophagus and the trachea, as well as the thoracic vertebrae.

When the heart contracts, the entire thoracic area will also have the tendency to close up on itself, thus affecting the general posture of the body. The thoracic curve will be emphasized, the shoulders will go forward, and the collapsed thorax will create excess weight that will compress the digestive area, therefore putting additional pressure on the pelvis and genital organs. To maintain a straight gaze, the neck will have to compensate, creating an imbalance at the back of the neck and eventually an irritation at the level of the cervical vertebrae, as well as an additional tension in the neck muscles, which in turn affects the blood circulation that irrigates the head. To all of this of course, depending on the personality of the individual, are added the effects of the compensations.

Generally, we hide our state of vulnerability; it is a matter of survival. In order to do so, a series of specific muscles contract in order to hold up the body and tense it further, thus creating an external shell that projects into the outside world so-called confidence and control.

This is by no means an exhaustive list of the possible effects caused by tension at the level of the heart, or any other organ for that matter. However, this allows us to visualize or understand how the living body functions and in which way the tissues are linked to one another.

What we need to realize is that, with time, tensions will consume the energetic resources of the body, thus exhausting the system and forcing it to find new strategies to bear its burden.

Imagine how much tension a normal person goes through in a single day. What can then be said about a year or a life? Now imagine the internal condition of the tissues. By now you probably understand that tensions will not disappear just because we want them to, or because we've changed our diet. We will eventually need to treat the cause to some degree, if we wish to reclaim our health, even partially.

Vertebral Lesions

The tension affecting the heart will not only have an effect on the organs connected to it but also on the bones to which it is attached. The bones are the "end points" of all tissues of the body, in other words,

all the body's tensions are stabilized and anchored through them. So, when the heart pulls on the bones for a long period of time, eventually, they will be affected.

Allow me to go on a small tangent. Did you know that red blood cells in the human body are produced in the long bones of the body, like the femur, the humerus, and the tibia? In fact, bones also serve as a blood reserve for the entire body. And, although they are the foundation or concrete of our body, they are just as sensitive as any other tissue!

Imagine if someone was pulling your arm, and you were determined to stay in place, just like a vertebra, or a rib, that cannot change its position at will.

At some point, you would need to become stiff or tense up in order to counter the tension. You would need to adjust your position in order to find a more comfortable and stable posture.

Eventually, if the force of the traction continued to increase, feeling that you are losing your balance, you would have to lean on or even hook onto something or someone in order not to fall.

This is exactly what goes on inside the body. The vertebrae for example, just like all the tissues of the body, have a certain natural physiological mobility. In the case of the vertebrae, they are able to bend to different degrees toward the front or the back, to rotate to the right or the left, and to bend laterally to the right or the left.

They are also able to "separate" from one another, pulling away from each other, like when you need to reach for an object placed high up on a shelf. They can also compress towards each other to help absorb forces, like for example when you are carrying heavy grocery bags.

If a vertebra is being pulled by an organ, like in the previous example, it might be able to adapt to a certain extent to the tension, thanks to its natural mobility. If the force continues to exert a pull, the vertebra will be brought to the edge of its physiological movement and eventually will be pushed a little too far, which will lock it in that position, causing a loss of mobility.

If the exerted tension is very violent, the vertebra could even be displaced, ending up in an entirely abnormal or non-physiological position, which will rigidify the area even more. Sometimes, in even more extreme cases, it could end up completely out of alignment, thus completely paralyzing the surrounding area.

At first glance, this might seem negative, but in reality, it is the body's way to toughen up and to resist stress and increased pressure. Once more, imagine what it feels like for that vertebra, constantly being pulled on without a break. It has to manage these increasing tensions. But how? In the same way that you would need to hang on to a pole or even a person, the vertebra will also need to find an external support in order to reduce the tensions and find some stability.

Since each vertebra is linked to its neighbours above and below, you can imagine, depending on the forces impacting them, that they too are eventually affected. Two, three, or even more vertebrae will, under the influence of a major tension, be "displaced" or taken out of alignment, creating a "rod" in the spine, making the entire area extremely stiff and immobile.

If we go back to our earlier example, this would be the equivalent of holding on to the hand of one or even two friends to help you maintain stability. And if the tension persists, your friends will also eventually need to receive support from other friends as well.

Remember that everything that is happening in Nature and in the human body is designed to ensure survival given the current circumstances. Even though this can sometimes seem absurd at first glance, or even incomprehensible and violent, upon closer observation, we realize the Genius that is hidden behind Life and that it is our interpretation of the phenomenon that is wrong, not the actions of Nature, which are in fact benevolent.

In essence, every time a tissue that is directly or indirectly connected to the spine tenses up, it will end up having an effect on the latter. The stronger the tension, the more the vertebrae will have to resist. Sooner or later, they will have to adjust their position in order to offer the necessary support. Of course, to this we must also add the compensatory muscular contractions that will have the task of maintaining the verticality of the posture, at least, as best as possible.

Immobilized Nerves!

As you know, inside the spine is found the spinal cord, the information and energy highway that connects the entire body.

Keeping in mind that inside the human body there is absolutely no empty space and that all the parts are perfectly positioned one in relation to the others, without any useless friction, what will happen if the heart pulled on one of the cervical vertebrae, got it displaced and stuck in an abnormal position, potentially displacing along with it other vertebrae?

The nerves entering and exiting the highway at this level will definitely be affected, even if only minimally. But what would happen if the tension actually brought the vertebra completely out of alignment? It wouldn't be surprising in this case that a nerve would get squeezed (pinched) and completely blocked. There would also most likely be a traffic jam at the exit of the highway: a big blockage, resulting either in a loss of sensitivity, a loss of motor efficiency or a loss of both functions at the same time.

You know as well as I do that communication is key in any relationship to ensure the proper flow of things. It is no different inside the human body.

On the one hand, when a motor nerve is affected by a tension, the tissues that it innervates lose their strength, their response time, their efficiency and productivity, as well as their vitality. On the other hand, when a sensory nerve is affected, the tissues will essentially lose their sensitivity as well as their capacity to be in relationship with the rest of the body.

In the multi-dimensionality of life, of course, this is perfect. If, for example, the heart is suffering and constantly crying out "*Help, help*! " and no solution is available, what could be done in such a case? The heart would risk exploding!

The solution is simple. Rigidify the affected area as well as desensitize the region or, in other words, silence the alarm or at least lower its volume. The beauty of this phenomenon is that it will happen quite naturally, as a result of prolonged tensions and the compression of nerves.

So, in a way, the lesion will disconnect us from a certain potential, but at the same time, it will prevent the organism from aggravating the situation while easing the core pain.

You see how brilliant Nature is? It never makes any mistakes. All apparent problems are in reality nothing but intelligent responses in disguise, ensuring survival over time.

Anaesthetized

When a new tension comes to the surface, the body generally feels dis-eased. In many cases, after a few days, even if the tension is not released, the pain will seem to disappear or significantly reduce on its own. How can you explain this phenomenon?

It is quite simple: when a nerve is compressed or affected by a tension, it suffers in the beginning. After some time, the pain starts to fade, since the nerve, in charge of conveying the information to the superior nervous center, is no longer able to do its work properly.

Once again, this demonstrates the multi-dimensionality and genius of the human body. Everything that happens, no matter from what angle we see it, is for the good of the human body and the survival of the living organism. Our limited vision of things and our premature judgments prevent us from having access to this genius and working in sync with it.

In other words, when we have vertebral lesions, they are intelligent and strategic. Everything that the body does is in order to protect us and to give us the opportunity to find a real solution to our problem. When we go to the chiropractor or even the osteopath and they decide to put our vertebrae back in place, it is in a sense an aggression. Logically, their action makes a lot of sense. Just like when the doctor prescribes a painkiller. However, these two actions do not necessarily respect the reality of the body and do not recognize the genius that is operating either. These actions want to dictate to the body what is correct and right, rather than being at its service.

The person in question doesn't suffer from shoulder pain, nor even from neck pain. These are only symptoms! It is the heart that is suffering, and these compensatory lesions were helping to stabilize the situation as much as possible.

If we continue with the previous example and we really want to help the person that is suffering, no matter if he is suffering from shoulder pain, neck pain or even indigestion, we must help him come in contact with the tension that has contracted his heart so violently. And over time, as the person continues to explore this tension more and more, the bones and other tissues will slowly but surely return on their own to their proper position.

A Good Fall!

Remember that Life works on many different levels. It knows no limits. It is not "bad luck" that makes it that we suddenly fall or hit ourselves on the side of a table. At first glance, it may seem like a sign of inattention. However, for the body, which is guided by the genius of Nature and Life, it is a way to stimulate the tissues, generate movement, potentially put things back in place, or further lock the body and toughen it up, thus allowing it to endure even more tension. An accident is not really an accident, as we would like to believe. It is Life's way of balancing out tensions!

You can understand that such a way of approaching life is not necessarily appealing for a person who simply wants to keep living his day-to-day life, and who has no interest in growing in consciousness. For such a person, the lesion or the accident is "bad" and will hinder his life. In contrast, for a person who is interested in spirituality and personal growth, these same lesions will be for him or her a divine opportunity to directly gain access to the genius of Nature and become aware of the unconscious patterns that were running his or her life up to that moment.

This doesn't mean that correcting or working at the level of the symptoms is not a good thing per se. That's not at all what I'm saying. Everything is a matter of attitude and intention. When we really understand from the inside what is happening within the body and choose to be conscious servants of Nature, the level of our interventions automatically changes. We no longer see symptoms as problems, but as sophisticated defense mechanisms that offer us a unique opportunity to heal. Palliating pain with plants or through manipulations can be justified or necessary in certain situations, but in our heart, we fundamentally know that Nature is right, and that in no way does She want to hurt us. The lesson we were facing was simply too intense for us at that particular moment in our life. It will then take us a little more time and integration, before we can face once again this part of our unconscious. We will need to become stronger and create even more space in our body and our life.

The Energy Column

Since the spinal cord is a column of energy and information, it is to our advantage that it stays free of tensions and restrictions if we wish to really actualize our human potential.

When we realize through an authentic practice of Yoga how tense we are in everyday life, we suddenly become conscious of how much our energetic resources are monopolized by our inner tensions.

As previously seen, eventually these tensions will create vertebral lesions that will affect the energy flow circulating through the spinal cord. Knowing that tensions don't normally accumulate in living beings and that the "civilized" human must learn to repress his survival instinct, which is essentially the equivalent of pressing on both the gas and brake pedals at the same time, something that damages and prematurely wears out the tissues and further drains the nervous and hormonal systems, it is therefore not surprising that we no longer have any energy and have to constantly compensate in order to survive. In other words, our urban lifestyle creates a great amount of tension in the body, which in turn affects our spinal column and the flow of energy that travels through it.

While this situation is very contradictory, it's important to realize that it in a way preserves the life of the organism in a world that is completely upside-down! In fact, the loss of energy is in itself a survival strategy, since with little or no energy, the person doesn't risk taking any action that could turn out to be detrimental for him or herself.

It's obviously better to suffer from back pain or muscular cramps, or even chronic fatigue than to be "annihilated" by a dangerous threat or a dominating person. The survival instinct would rather create a new manageable problem and divert your attention away from the true lesion than to have you face reality and your imminent death. It's better to be exhausted than to tap into the sea of anger boiling inside, which could push you to commit actions that are deemed by society as illegal and criminal.

There is so much living inside of our body/mind, and very few of us have taken the time to truly investigate the invisible forces that guide our lives. From the surface, we see symptoms that may or may not make sense. When we dive inside the body, we start to make sense of our lives and why things are the way they are. We start to perceive

consciously a Divine Intelligence guiding everyone and everything. We start to respect that Power and instead of fighting against it, we learn to tune ourselves to its ebbs and flows.

SOCIAL GAMES

In the great social play, we are surrounded by people who have "authority" over us and who represent, in a very tangible way, a threat to our survival. It's therefore only natural that the nervous system feels agitated and anxious. Think about it!

There are people who are "superior" to you in terms of social status and professional title, who could ruin your life if they wanted to.

There are others that can judge your actions, who could choose to put you in a cage for the rest of your life. In fact, if you act in a way that is not socially acceptable, your own children can be taken away from you.

Tomorrow morning, your bank account can be frozen, preventing you from buying food, paying your rent and meeting your basic needs.

As a matter of fact, we must never forget that there are men and women who patrol the streets with guns and sticks, making sure that the law is upheld, reminding us very discreetly, and sometimes not so discreetly, that we are in reality powerless and defenseless and living in a zoo. The police, as they are commonly referred to, can, at any given time, arrest and imprison us, if they want, and we cannot in any way defend ourselves. They essentially hold the monopoly on violence, and anyone who resists will only bring to themselves even more problems.

Regardless of all these obvious facts, we try to accept our circumstances with a smile, making up excuses for the way the world is run, in an attempt to temper our anguish and rationalize our situation, but deep down, the nervous system never forgets, not even for a moment, that there is a constant threat to its survival, against which it cannot protect nor defend itself.

The bottom line is that your body and deeper psyche realizes the extent of its powerlessness in the face of the current social situation. It never forgets, not even for a moment, even if "you" would like to believe otherwise.

Since the natural resources offered freely and abundantly to all forms of life on Earth are no longer available to the human being, he must by default submit to the System in hopes of meeting his basic needs, or else he risks being thrown in jail or killed. This represents for him a form of slavery that, slowly, over generations, renders him completely denatured, dependent and docile.

He then finds himself living at the mercy of his employers, clients, financial institutions, different professional orders, subscribers, essentially the System! In exchange for his personal power and freedom, man is given the illusion of being master of his life and destiny, and having the opportunity to evolve, if he wishes, into a living god. This applies to those who live in the West. Those in third world countries have not yet been afforded this luxury.

Of course, with the help of propaganda and the media that reinforce his conditioning, he ends up believing in and even fighting to the death for this false freedom. However, in the depth of his being and at the core of his cellular intelligence, he remains eternally conscious of the situation in which he is living: he is a slave and has lost true freedom and power, and this is why he is presently so sick, as we can clearly see by the increasing rate of dis-eases throughout the civilized world.

Does man have an alternative? Truth be told, if tomorrow morning the System were to disappear, and he were set free, he would then have to actually face his "real enemy," Nature, which essentially represents his death. At this stage, he is so afraid of facing the truth that he prefers to renounce his power and sovereignty and place his life in the hands of the architects who promise him security and, of course, the now very real possibility of achieving everlasting life through transhumanism and technology.

Thank You for Your Understanding

The objective behind addressing these topics here is not to criticize the System, nor even to offer an alternative, but to help you become conscious of the impact that this reality has on your nervous system, which belongs to the natural and animal realm.

People don't even realize anymore to what extent they are stressed out and tense. They don't feel their bodies anymore and are

absolutely disconnected from their inner reality. We forget that we are human beings, first and foremost. Beyond our beliefs, ideas, dreams and aspirations, we live here on planet Earth, and even though our North-American and European society submerges us in materialistic luxuries, in reality we only need simple and basic things in order to survive and be happy. The problem that we are all facing is that these vital elements are no longer really accessible to us at present, unless we submit to the System, which comes at a great price.

In Nature, it is the Power of Life that is the master of our Destiny, whereas in our artificial world, it is the System that plays the role of God and that decides if we will live or die and how.

In Nature there is no injustice, no imbalance. Nobody is superior or inferior. In our System, it is quite the opposite.

Once again, never forget that beyond the System, which is in fact a complex machine that channels the fear of human beings in a specific direction, there are actual social architects who have a very profound understanding of human beings and of the invisible energies that govern Nature.

Every machine is created for a reason, as previously mentioned. Our societal system is nothing more and nothing less than a great and extremely well-conceived machine that, despite appearances, has a very clear and definite objective. In fact, the administrators of the machine (prime ministers, presidents, etc.), that work in the name of the masters of the System, are just like you and me, meaning that they live in fear and wish at all cost to find security in order to access a moment of relaxation and profound peace. You are the least of their worries, and their actions will never be really geared towards your wellbeing, regardless of appearances! They are servants, not of you, but of the masters of the System.

Our body, although it doesn't necessarily have the words to explain this reality, instinctively perceives what is happening. We all feel it in the depths of our being. But the moment we touch this realization, even just for a brief moment, our elaborate defense mechanisms kick in, and we start making up smart excuses based on things that we were told, that we have studied or read, to justify what is happening in the world.

At the same time, we lose sight of what's essential: we are human beings, and our home, meaning Nature, has been taken hostage, along

with all its resources, by powers that currently surpass our comprehension. However, we can clearly feel the effects of our condition.

Our life is in the hands of authorities that have neither love nor compassion for us. And in the depths of our body, we perpetually sense an alarm reminding us that our life is threatened.

It is based on these circumstances that a human being builds his life, chooses his life partner, buys his house, selects his career, raises his children, interacts with people, makes love, selects his food, etc. Thus, he will spend all of his life desperately escaping, by any means possible, the fundamental fear that haunts him, as well as consciousness of his state of enslavement.

And amazingly, as complex and elaborate as it may seem, all of what is described above is nothing more than the expression of the Primary Lesion over time.

Furthermore…

In such extreme circumstances, the natural survival mechanism of the body – fight or flight – also becomes a threat to the nervous system and organism.

The caged lion cannot dare nor afford to attack his masters and he knows it. However, the longer he is imprisoned, the more his inner pressure rises, and the more his survival reflex pushes him from the inside to defend himself. But he knows that if he does something "bad," he runs the risk of dying. He therefore learns to silence his instinct, by repressing it. That's why when we go to the zoo, all the animals seem either passive or completely crazy! They are also prisoners.

In the same way, we are also forced to turn off and put on mute our survival reflex! Thanks to the accumulated tensions that literally block our nervous system, we are in a way saved from the imminent death that awaits us if we rebel. Without energy, there is no revolutionary action possible, and thus, we are saved from the consequences.

Ironically, it is this same energy of preservation, this primal and creative force, that is at the essence of self-healing. Without it, the body cannot access the potential to truly repair itself and heal. You also now have a better understanding of the implications of true healing.

CHAPTER

6

[The Sacred Fire]

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THE INTERNAL CLOCK

The functioning of the human body can be compared to that of a clock. Each of the tissues, i.e. the organs, muscles, bones, and so on, interlock with one another like the cogwheels, and work in synergy with the whole in order to attain a specific objective. This may seem metaphorical, but in reality, it is quite literal.

For the human being, the true heart of his internal clock is the central nervous system, more specifically the encephalon and the cranium that encases it. In fact, we can say that all the other parts of the body exist in order to "mobilize" the encephalon, so that it can get around, in all security, in the material world.

As previously mentioned, within the encephalon is found the command center or the seat of the pilot, which is the soul. The nervous system, practically, is the interface through which the pilot experiences the material world and drives his vehicle.

When tensions are stored up in the body over time, they eventually end up creating a misalignment of the central axis. In other words, they will shift the position of the cogwheels (organs, arteries, bones, etc.) of the internal clock, inevitably affecting its functioning.

Considering that the contemporary human being has been under a great amount of stress for thousands of years, and that his body is at this point completely out of alignment, can you imagine what he would be able to do if his body were healthy and perfectly aligned, from the tip of the coccyx up to the sphenoid at the base of the cranium? What would happen if the internal clock was truly functional, and if man could tell what time it really was?

A Living Clock

When we think of a clock, we visualize cogwheels that are mechanically moving in relation to one another. Under the influence of an external force, the first wheel is put in motion, which automatically sets off the whole mechanism.

Although the example of the clock wonderfully illustrates the interrelationship between all the internal parts, unfortunately it doesn't capture the "living" aspect of the human body.

In reality, in a healthy body, each piece or cogwheel is alive and turns on its own. It then interlocks with another piece that is just as alive and which also turns on its own.

When each of the parts work in synergy with the others, the internal clock wakes up and the Sacred Fire lights up.

The true Sacred Fire is not a consequence of acidity, inflammation or the stimulation of the nervous system, nor is it an imbalance of the digestive fire. Neither is it coming from food, the ingestion of medicinal plants, pranic intoxication, nor a mental or emotional surge.

The Sacred Fire is generated when Life can express itself through a relaxed and grounded body, through every single cell, all the way down into the bone structure, in an entirely organic fashion. It cannot be artificially activated.

In the absence of this Fire, the body functions nonetheless, but it is asleep, passive, unconscious. It is essentially a zombie that moves under the influence of external forces, just like a mechanical clock. The body doesn't have a real internal propulsion mechanism.

In other words, as long as the Sacred Fire is not burning on the inside, we will always need an outer force to keep us moving forward. Furthermore, when we use thought to generate specific actions in our life, we are in a way using self-hypnosis to reach the desired results. But where do these thoughts originally come from? Are they really ours, or are they the product of a chronic inflammation of our nervous system that wants to compensate in order to survive? Is it really our inner flame that pushes us into action, or our artificial personality trying to prove its worth in the eyes of society?

Like I've been sharing with you since the beginning of our journey, the body of the average person has presently become completely jammed and anaesthetized. The only fire burning inside is the fire of inflammation.

The mind, or the so-called Entity, has completely taken hold over man as well as his actions. All the forces that presently act upon him are essentially external. They don't come from within, but rather from the Entity, which is conditioned by the System.

By observing society and studying the pages of history, we can clearly see what I am alluding to. Governments, monarchies, religions, the New Age movement and other spiritual groups, the media and

marketing, all these agencies consistently aim to condition human beings to think in a specific way, in order to give meaning to their lives. If Life doesn't guide men from the inside anymore, who will? "Somebody" has got to do it.

The next question to now ask ourselves: what would happen with mankind in the absence of these forces of control? Some people believe that human beings would thrive and reconnect to their essence, but in my humble opinion, these are extravagant dreams. Given the Great Disconnection that we are all facing, in the absence of external conditioning, chaos would reign upon Earth, because as you know, zombies destroy everything and have absolutely no idea how to organize themselves or plan anything. It would literally mean every man for himself.

In fact, unconsciously, we all sense this, and this is why, to a certain extent, we accept to give our power away to the government and its agents of peace.

But is this the true nature of human beings? How are we supposed to live? Are we not able to regulate and govern ourselves? What is in the way?

In the same way that Prometheus saved man from the jungle by giving him access to fire, once again, Fire will save man from the urban jungle of the 21st century. However, the power will no longer be in the hands of a god or an external force. The Fire lives inside us, and once it is rekindled, it will belong to us forever.

The Guardian of the Fire

The Sacred Fire, contrary to a mental surge or impulse, inspires correct and just action, and puts the body naturally into motion. Without this Fire, nothing really works in the life of man and society.

The living body doesn't need to be manipulated or controlled in order to function, like we seem to believe nowadays. If we're having a hard time getting through the day or taking action, if we are confused and need a variety of toxic stimulants, it is because our lives are now completely upside-down. If we no longer know how to live, it is certainly not because of a lack of external teaching, but because we are profoundly sick and have lost our inner compass.

From the moment that the Sacred Fire is rekindled, it becomes our real guide on Earth, in a very concrete and practical way. Making the proper decisions is then no longer a matter of opinion, philosophy, or belief, but rather a question of a natural instinctive movement that guides us. The external authorities as well as the mind conditioning slowly lose their meaning and influence on us, and we suddenly wake up to the simplicity and perfection of Life.

Life is simple when the Sacred Fire is lit. A "positive" or aligned action feeds and rekindles the fire, whereas an action that extinguishes it is "negative" or misaligned. Be mindful! The body cannot be tricked. A stimulating action is not considered enlivening, far from it. Rather, it creates inflammation and wears out the body, and although it may give a temporary artificial boost, it tires the Sacred Fire.

The Sacred Fire is our responsibility. As soon as it goes out, we are lost in darkness. We can no longer see what is going on, and we get attacked by all kinds of entities wanting to gain access to our Power and attention. Therefore, in order to make sure to never live in darkness again, we must become the Guardians of the Fire and ensure that at all times the Fire of Life is well lit within our House!

Now, if we want to help our Fire grow, and share it with the greatest number of people possible, the body needs to be able to handle such intensity. It will need to be more relaxed, aligned, vibrant; the pieces will need to work even better, and the tissues will need to become stronger. In other words, the body will have to become healthier and even more resilient in order to welcome the heightened intensity of the Sacred Fire. Moreover, contrary to the artificial fire, this Fire can never be manipulated to grow. In the absence of favourable conditions, it will never expand!

The Sacred Fire exists within the bodies of all human beings, although nowadays, in most people, it is completely latent.

In the average person, the parts of the body, or the cogwheels of the clock, are almost no longer moving. The pieces are "rusty" and need to be cleaned up (read: purified) and oiled. Presently, they are creating a lot of friction and resistance. Under such circumstances, how could the body possibly light up this Fire?

Those who've had the opportunity to "work on themselves," thanks to their efforts, may have been able to put certain parts or

wheels back in motion, which consequently gives them access to certain powers. However, more often than not, everything remains forced and strenuous. We can say that their Fire hasn't sparked up just yet. The wood is still too wet.

Our Guide in the Material World

Our true nature is spiritual. The soul, or the Self, which animates the physical body needs to learn, when it incarnates here, how to live in this world. Who will teach it the purpose of Life, other than Nature itself? Only Nature is able to show us directly, and it does so through the body, and the role it has assigned to us as Guardians of the Fire.

The more we taste this Sacred Fire through our body, the more we experience the true pleasure of being incarnated and the more we open up to the real potential of being human.

At first, when the system is put back in motion, after so many years of "rest," one will need to protect the Fire in order to ensure that it really rekindles. Once revived, the energy generated will be used to heal the body from the inside, as well as to put back in motion the pieces, or cogwheels, that literally haven't had a chance to move for ages.

As you know, fire is an element that unites. Around this inner Sacred Fire, all the parts of the body will come together and learn to communicate with one another, thus finding harmony amongst each other. Slowly but surely, the machine will come back to life, from the inside.

The more the body heals, the more the power of the Fire will increase, and the more there will be a surplus of energy. It is at this point that the real creative potential inside of us will come to life.

THE FRUITS OF MAN

The machine called the human body is the only machine in the natural world capable of "giving birth to" or expressing consciousness.

Being conscious also means by default becoming conscious of the environment. I don't mean perceiving it only for the sole purpose

of survival, like the animals do. I am referring to an awareness that allows us to have a real bond with the life that surrounds us; being connected with Life on the horizontal plane, through a strong and healthy nervous system.

When we feel Life all around us, we cannot ignore it, since it is now a part of us. If any part of your body is suffering, all of your body will essentially suffer. In the same way, if another form of life is suffering, we will also suffer. In the light of this consciousness takes birth what is commonly called selfless service or altruism.

The newly planted seed of an apple tree will take many years before generating fruits. In optimal conditions, it will most certainly grow and produce apples. In the same way, when the inner Sacred Fire grows, it helps the human body mature, and will eventually create fruits that will also be in service to Nature and the Divine Plan. It is in fact for this very reason that the human body was conceived in the first place.

I would like to take a small tangent with regards to selfless service. We see in our world the proliferation of non-profit organizations, through which a lot of people help others. These organizations as well as their members often give us the impression of really wanting to contribute to humanitarian causes.

However, by taking the time to investigate a little deeper, we realize that in reality, these organizations depend on the suffering of others in order to exist. Their actions do not really come from the richness of their heart, but rather from a need they have to find meaning to their lives. They receive something by giving, and this is why they give.

Although their actions are positive and help at a certain level, they are not inspired by the Sacred Fire and Nature, and therefore, they do not hold within them the real potential for healing that humanity needs so desperately. In other words, they operate within the System and serve the System, rather than Life and Nature. There is nothing wrong with that. Their gestures help to pacify people's suffering.

To be able to really give, we need to actually own something. But as you can see, contemporary human beings currently own absolutely nothing. In reality, everything that they believe belongs to them, doesn't. In fact, even energetically they are bankrupt. So then explain

to me how they could help others, in the real sense of the word? It is not possible! If I am sharing this with you, it is not to criticize the actions of any individual, or group, but rather to shed light on what is really happening in the world and why.

The only power that can really help humanity is Life, which is able to serve its Creation through an aligned human being. The real purpose of man's life, by design, is to solve problems and ensure that harmony reigns upon Earth. He is therefore in the service of Life, whether it is plant, animal, or human.

THE AWAKENING OF CONSCIOUSNESS IN MATTER

When consciousness or the soul starts to wake up in the body, we begin to recognize ourselves as human beings or individuals. We experience who we are through our bodies, rather than our inflamed minds. We see in ourselves the desires, fears, limitations, aspirations, dreams, beliefs, apprehensions, frustrations, loves, perversions, aversions, and tendencies that guide our material life.

Each part that we rediscover in the shadow of our unconscious confronts us in some way to our own selves. That is when we begin to realize that our suffering is in fact caused by our mind conditioning - which has been teaching us for generations to renounce our humanity and our body, as well as all of its natural tendencies - rather than by who we intrinsically are.

All the survival impulses that we experience through the body have in one way or another been demonized. Even the words that are associated with these impulses have a pejorative connotation. However, if they exist, it is because Nature has placed them in our bodies to serve and allow us to survive. They have a function.

Why be so scared of the Nature inside of us? Has the repression of these energies really helped us to solve our "problems"?

The Five Spiritual Teachers, and How to Tame the Dragon

Have you already heard about the five spiritual thieves? Most oriental spiritual traditions tell of these and advise their disciples to steer clear

of them. According to their teachings, these thieves come when we least expect it, to steal the benefits of our spiritual practice. The five thieves are: anger, lust, ego, attachment and greed. In fact, they are supposed to be the very source of all human "sin" as well as the source of our suffering. And according to these same traditions, in order to find peace, we must defeat our enemies, one by one, in hopes of elevating ourselves towards the true consciousness of the soul, so that we can finally rejoice for eternity.

I can't deny it, I have met these spiritual thieves, and I have fought against them on several occasions. Of course, I lost multiple battles, until the day when I asked myself the following questions:

"Why would God have put them inside of me if they were so bad? To test me? To make me suffer? Is God cruel? Is there something that I don't understand?"

With the help of my body and the advice of Life, a new world of possibilities opened up to me. If you allow me, I would like to share my realizations with you.

These energies are in reality impulses of Life belonging to the body, both subtle and gross. It is thanks to them that the body is able to survive in the jungle and to perpetuate Creation.

However, there is an important aspect to consider. These impulses, in their original state, as we would find them in Nature, do not express themselves in the same way as they do now through modern-day man, living in the contemporary world.

The primary lesion, as well as the transgenerational conditioning that man has undergone, pushed him into systematically eliminating everything that comes even remotely close to Nature inside of him. Thus man has repressed all his instincts, which then had to find other means of expressing themselves, over time. In fact, take note that the more time passes, the more these impulses become vicious and uncontrollable "monsters" that dominate the lives of people.

But what was the original function of these forces? Are they actually bad? Are they not in their own way the subtle language of the body used to communicate with the Self? Don't these drives represent the different aspects of the Primal Energy of survival?

It is the "attachment" of the she-wolf that pushes her to attack whichever creature dares to come anywhere near her cubs. It is "lust"

that incites all forms of life to give themselves totally, thus leading to procreation. "Anger" in turn ensures that each species is able to defend itself and protect its territory when invaded by another. The "ego" is the sense of individuality that pushes the species to survive and reproduce. "Greed" pushes the various forms of life to become organized and structured, thus creating clans or tribes, or packs, to facilitate survival.

Unfortunately, these words are presently laden with judgment and preconceived images. But what is hidden behind the words? What is hidden behind these impulses?

As such, there is nothing wrong with these energies. The problem that we suffer from today is caused by the fact that for generations we have been educated to systematically condemn and repress them. In spite of our greatest efforts, as you can see, we have failed to eliminate them and continue despite it all to be controlled, directly or indirectly, by them.

In fact, it is worth mentioning that it is because of the repression of these forces that the world as we know it exists today. Without this internal battle, nothing of what you see today would exist. All the materialism in which the world relishes today stems from this inner tension between our so-called animal nature and the mental conditioning that has been imposed upon us. However, and this is the paradox, the soul is not at war with Nature. Nature is not at war with the soul. They are partners. Without the soul, Nature doesn't exist. And without Nature, the soul could never experience itself and God.

In reality, it is the psychosis generated by the primary lesion that is at the heart of the human dis-ease, not some conflict between the spiritual and material dimensions of Life.

When we allow these five energies to surface and learn to really listen, feel and tame them, we realize that they have a reason for being. They are not evil. In reality, they teach us how to become real human beings. How ironic, when you think about it!

They push us to grow and deepen our knowledge of the Self. They teach us the laws of Nature, and the principles of action and reaction in a concrete way. They teach us how to create in the material world in an aligned and authentic way, in service of Creation. And finally, they teach us the basics of Love and guide us to master the dance between the masculine and feminine principles, which are at the basis of all Creation.

From the moment that a primal impulse wakes up inside us, meaning that our survival is in danger at least on a certain level, our defense mechanism activates in order to generate an action and bring change into our life.

Take anger for example. It is the number one agent of transformation. Without any genuine anger, a human being would never be able to change and take charge of his own life. He will always remain the same, staying small and playing the victim. However, we have demonized anger. It is not surprising when you think of it, since anger in its essence is a powerful catalyst of change. It is therefore not to the advantage of the System or those who have power over others that humans have access to this force in their daily lives.

This energy, like all others, comes from Nature and pushes the organism to protect itself. It is brilliant and intelligent, like all other energies, in the light of Consciousness, of course. The same goes for the four other spiritual "thieves" or "enemies."

In our society, anger represents chaos and destruction. But in reality, it is a force that pushes a person to be more righteous, honest, courageous, and to never again compromise himself. It pushes us to deepen our knowledge of the Self, in order to come into connection with an infinite and incorruptible inner Force, and thus to never again end up in a situation in which we are dependent and powerless.

Ironically, when we let go of our concepts and mental beliefs about spirituality, we realize that Nature itself encourages us and leads us towards becoming "spiritual," thus accessing an infinite source of energy and inner equipoise.

When we feel inside that there is something fundamentally "wrong" about one of our interactions and that anger takes hold of us, it is actually trying to make us understand that there is an energetic imbalance and that we are losing power. Something isn't clear within us and the situation is not aligned.

As long as Consciousness is at the heart of our lives, we will be able to safely receive the sensory teachings of the body and thus adjust our behaviour naturally, following the realizations that we have made.

In Nature, anger, just like all the other impulses, vanishes like the wind. It is nothing but an energy that seeks to generate an action in order to bring balance. When this energy is blocked, like all other

energies, it then gives rise to a tension, which will become inflamed with time. It is in fact this inflamed tension that will congest the system, making it become "addicted" to all kinds of compensations, in order to empty out or manage the excess. When the river overflows because of a dam, we are not to blame the water. However, in such circumstances, water, or in this case, anger, can be extremely destructive.

The human being is not a savage, as we would like to make ourselves believe. It is not in his nature to kill, even if he is capable of it. He seeks peace and harmony, tranquility and happiness. The basic instincts that are alive inside him don't push him to behave like a wild animal, but rather to become a real man, adult, sensitive, responsible, powerful, in service of Nature.

If he's acting the way he does today, namely in a barbaric and senseless way, that is because of the schism between his fundamental nature and his conditioning. A sensitive human cannot accept to make another species suffer pointlessly, for the pleasure of his own palate. A responsible human cannot take advantage of another human being. Also, he cannot pretend to be something that he is not. A connected human cannot act in a misaligned way, because it would cause him pain, smother his Sacred Fire and make him go crazy. In fact, he cannot be anything other than himself. His own survival instinct would prevent him from acting in a deranged way!

Each of the primal impulses conceals within itself a profound teaching that it wishes to share with us. But I need to be frank with you. It is not easy to tame these powers. These energies have been repressed for so long that they have become extremely explosive. We cannot blame them for this, and considering the history of humanity, it is exactly for this reason that most people prefer to ignore them and pacify them through affirmations, mental strategies, or other calming drugs. People are essentially scared of their own intensity. They are also afraid of being punished and rejected by the "tribe" and eventually left alone in the "jungle" to die because of their untamed primal nature.

When we open up to these energies, the body must be strong enough to handle their volcanic strength. It must be resilient enough to remain stable throughout the storm. The nervous system will need to become stronger in order to be able to channel these energies and integrate the ensuing spiritual lessons.

To come in contact with these forces is to literally come in touch with the primal powers of Nature. It means to reconnect with the "savage beast" inside you, an experience which is both extremely powerful and life-transforming. You will never be the same again. How could you? You will now know what really lives inside of you, and how you really feel about certain situations and people in your life. Pretenses will no longer hold.

You will feel everything, in a very instinctive and raw manner. Nobody will be able to lie to you or manipulate you. You will now perceive reality as it is beyond appearances and you will no longer feel the need to play a role in order to be loved and accepted. There will be a tangible force about you, emanating from your body, like an animal. You will no longer be floating in the air outside of your own self. Instead you will be present, grounded, strong and clear, naturally.

Ultimately, we can say that each one of these forces is similar to a dragon. These dragons have been sleeping in their caves for ages. And presently, if we hope to live an aligned and productive life, as well as to truly transform ourselves and the world in which we are living, we must once more gain access to the treasure that lies hidden under their majestic bodies.

A genuine practice of Yoga teaches us just how to tame these dragons, safely and naturally, in order to channel their forces in a creative manner in service of Creation. Imagine being able to access this potential rather than trying in vain to repress it, mask it, or escape it. Who would you become?

PAIN, OR THE MESSENGER OF GOD

Pain is a gift from the heavens! Yes! I will say it once more; pain is a gift from the heavens. And no, I am not a masochist.

What is pain exactly?

When a tissue is suffering, it sends a signal to the central nervous system to inform it of its experience. It will not communicate by memo or an email with nice poetic sentences and pictures. Far from it! The body is very simple and practical. The tissue will communicate the direct experience itself, through pain, to the superior administrative

center so that the latter can know exactly what is happening, down to the minutest detail. Once the nervous system receives and interprets the information, it will trigger a series of actions in order to remedy the situation.

The pain experienced by a tissue is essentially caused by a cellular deficiency. Tensions, as you know, "cut" the flow of Life, by compressing the arterial complex. It is therefore through pain that the cells relate to the central nervous system the experience that they are going through, in hopes of triggering an action that would remedy the situation.

Thus you can understand the importance of pain for the survival of the organism! Pain informs the body that there is a problem or a threat to its life. On another level, it also informs the Pilot that something is misaligned and requires immediate attention.

Now, if we eliminate the pain, we are essentially cutting off the alarm that informs the central nervous system about the situation in the body. The nervous system would then not be able to respond to the problem, or to solve it, since the very signal that is meant to alert the action centers is cut off, or drastically reduced.

If you need my help but my cellphone is on silent mode, you can call and yell and cry on the other end of the line, but I will not hear you. In the same way, eliminating the pain means cutting off the signal or lowering its intensity, thus preventing the central nervous system from becoming conscious of the extent of the crisis. And so, the operating center will not mobilize the necessary energetic resources to address the problem, which means that the process of healing or recovery will either not take place at all, or that this will come about only with much difficulty.

Consider the implications. Someone who no longer has the capacity to feel his own hand could put it in a fire without ever realizing that it is burning. You can easily see that pain is far from being his enemy in this scenario. Rather, the pain is his best friend, which makes him become conscious of an urgent situation that requires all his attention!

Moreover, when the pain is cut, the Pilot (or Self) never has the chance to become aware of the consequences of his actions. This essentially means that he will go through life like a child, entirely

unconscious of the real impact of his choices, continuing to constantly ignore the laws of Nature, while still remaining subject to them.

Pain is intimately related to survival. It was never meant to "take over" or plague the body, but rather to be momentary, lasting only for the time required to generate a quick action in order to ensure the survival of the organism.

However, we human beings live in an upside-down world and we find ourselves confronted to abnormal levels of strain and inhumane situations. In such cases, pain takes on a whole new meaning.

Pain as a Tool towards Consciousness

In our contemporary life, our body is constantly exposed to stresses that do not exist in Nature. I am thinking here, amongst others, of transformed foods, toxic substances, pollution, incessant noise, technology, and the list goes on.

All this stress deriving from civilization, whether of physical or psychological nature, causes great trauma to the human body. With time, it loses its sensitivity and no longer feels the pain nor the consequences of toxic and acidic compensations to which it has become accustomed, and on which it is even dependent in order to be functional in daily life. Pain and tension have essentially disappeared from our consciousness, and this, in fact, is at the heart of the dis-ease of modern man.

Considering the real significance of pain, it is not surprising that nowadays, in our North American society where unconsciousness reigns supreme, it has become the number one enemy. For whomever says pain, says Nature, and inevitably Consciousness.

The Key to Healing

Pain attracts our attention, and this is the key to healing. When I engage in an action that isn't aligned with Nature, the body generates pain, and this is what draws my attention. Attention is the vehicle for consciousness. By consciously experiencing pain, without resistance, I feel right away the consequence of my actions. That's how we become truly aware of the cause or reason of our suffering, beyond the

dramatic external story. Through the process of feeling what is there, I'm essentially tapping into the very root of my pain, which allows the tensions to release and solutions to emerge.

In reality, pain sheds light onto the unconscious realms. The mind lies monumentally. How can we trust a tool that by definition is supposed to protect us from our own profound truth? We cannot trust it in that sense. Thankfully, the body never lies. The pains and tensions that are buried in the tissues point us in the direction of our unconscious reality, and this entirely without effort.

To Be Stuck on Something...

When a person is suffering, what does he generally do? He tries to disconnect from the experience, the memory or the pain as quickly as possible. It is a question of life or death for him. How does he accomplish this? He finds ways to distract himself, to think of something else, which gives him a certain moment of respite. With time, he ends up "forgetting" the event as such. But did the sadness, or the pain, really disappear?

In fact, the pain has not gone away at all. It is still there, hidden under the new tensions generated by his compensations, which will, with time, obstruct the nervous circuits that convey pain, thus anaesthetizing the dis-ease.

If the person "forgets" his pain, it is in reality because he no longer feels it! It hasn't actually disappeared because he has "made peace" with it. It is still present, buried within the tissues and in the depths of the nervous system.

Since the nervous circuits are now compressed by tensions, the attention, which uses the nervous system to circulate through the body, will also remain trapped in the affected areas. Thus it will lose the capacity to come back to its center and, in a way, will be taken hostage by the tensions that are protecting the body. In other words, unconsciousness is caused by tensions, which not only obstruct the nerves, but also jam the attention in the depths of the body's tissues. In the light of this, when we consider that more than 90% of our being is unconscious, we quickly realize that if today we no longer know who we are, it is because our attention is locked within all these tensions

and is no longer able to withdraw, recollect itself and return to its center, the point of emanation.

We must also remember that all suffering essentially comes from the same fundamental source: the fear of death. When a person suffers for example because he has just broken up with his partner, the pain that he is experiencing is in reality caused by the internal collapse of the mental universe that was holding him up, not because of a heartbreak per se. The person essentially loses his points of reference, his support, his source of stimulation and compensation, and he must now once again face the reality of the daily jungle on his own. The pain of breaking up is only a symptom of something much more profound, which is hidden inside the body since long ago, which is now resurfacing. It was simply masked extremely well, to the point that its existence was completely forgotten.

The Opportunity

Pain presents a great opportunity to those who are willing to take it. Through it, we can enter into the depths of the human body, the nervous system and thus access the generative Force of the body, or the Primal Energy of survival, this intelligent Creative Impulse at the basis of the entire natural world, the real mother of this three-dimensional manifested creation. We can also reclaim the parts of our personality that we have lost over time, as well as awaken our consciousness to the reality of this world.

Pain also gives us the opportunity to actually know death and to face it in a concrete way once and for all. It reveals to us the secrets of disease and healing, and it gives us access to an abundant source of creative energy that is capable of transforming our lives. The most extraordinary part is that everything happens organically, without any effort on our part or the need to try to control anything.

At the basis of natural life is the Impulse of survival. This is what propels or animates the natural world, which is governed by the law of action and reaction. In the Tantric tradition, it is called Shakti Power.

What the civilized human being has been trying to do since time immemorial is to subjugate this power to his will in an attempt to elevate himself above it. Do not be fooled. He is not crazy. This is in

fact quite smart. The real reason why he wants to tame and control this force is that, from one point of view, he is conscious of being its slave, and he is essentially seeking freedom. He wants to rise above the limitations of the flesh, to become like a god. He wants to live in paradise, here and now. And thanks to technology, one day, he will be able to attain his objective. However, his emancipation will come at a great price.

Everything that we are witnessing in the world today is the consequence of having taken this power hostage over time and perverted its natural flow for selfish and materialistic purposes, out of fear. And despite the fact that its potential is presently reversed, we can still grasp in some way its magnificence and real capacity. Imagine just how powerful it must be when truly aligned!

Do You Suffer from "Victimitis"?

When we live unconsciously, "bad things" seem to happen to us. We are victims of the outside world, and the older we get, the more we become exhausted, and hardened. We don't seem to realize that in reality, everything that happens in our life has but one single objective: to ensure the survival of the organism and protect it from the primary lesion, or the fundamental anguish that has been haunting it since the beginning of time. If this means that we need to get hurt, live traumatic experiences, as well as get intoxicated through various means in order to become anaesthetized or tough, this is what will happen, as per the Infinite Intelligence's design.

When a person decides to venture on the Path of Life, he quickly realizes that every day and every situation offers him the opportunity to unburden the karmic load and become conscious of his hidden inner reality.

He understands, in the depth of his being, that Life is good. Beyond the duality of good and bad, there is a field, like the poet Rumi said, where only the Perfection of Life exists. So when he feels pain or discomfort, rather than escaping, he welcomes it. No matter the situation, he embraces it with open arms knowing and trusting that Life truly seeks to liberate and empower him.

He knows that pain is the way that the body communicates with him when something is "off" and when he is not respecting his nature.

By learning to feel and listen to this pain, by accepting what is, the person becomes conscious of the consequences of his past actions and of what is really happening inside him. Eventually, a profound integration at the level of the nervous system takes place, and the tension at the source of suffering is released. At the same time, the energy that was locked up in the tension starts circulating once more, mobilizing the system in order to solve the problem, all of which happens absolutely naturally and without effort. No need for the mind's intervention to plan or try to control. Life takes care of everything and propels us forward towards clear and inspired action.

The energy that fuels our movement is not the result of stimulation or excitation. Quite the contrary, the energy that was locked up in the tissues is recovered and once again put in service to Life, but this time, in the light of consciousness.

With each release, the person comes closer and closer to his center and begins experiencing the true pleasure of being incarnated in a human body. Life, flowing freely through his body, generates an indescribable ecstasy.

The body then becomes a living temple where one can find refuge at all times to relax, recharge and get energized. The Power of Life can now flow easily, offering support to the nervous system and allowing it to finally rest and integrate.

Pain = Energy

When we trace the pain back to the epicenter of a tension, we discover that we're not dealing with pain per se, but rather with energy that is locked up in the tissues.

By grounding ourselves in our inner reality, by letting go and by accepting to feel the fear of death that is inherent in every tension, the body releases, the stored-up energy starts to circulate and finally expresses its original intention, which is to solve the problem in question.

In fact, it is only through such a process that we can really learn to confront, in an organic way, slowly but surely, the fear of our own mortality. Each tension essentially represents this fear. By coming in touch with it, we are learning to face death. We are learning to die, or in other words to surrender, and to allow Life to do its job. At the same

time, we realize with each release that Life, Nature and even the body are there to assist us through this process.

In fact, this support is very concrete and is offered to us by the bone structure of the body, which holds us up in the same way a foundation holds up a house. Because of it, we feel that we can let go of our tensions, and that Life is truly there to support us.

In the light of the practical experience we begin to have inside our own body, our fears, our beliefs and our unconscious conditioning related to Nature and the human body finally start to dissolve, thus making space for the new living teachings we are receiving from within.

We witness firsthand the Genius of Nature and realize at which point it is gentle, strong and well-intended. The "belief" we had in Life is replaced by a real trust in ourselves and in Nature, which allows for an even deeper release of our nervous system.

Slowly but surely, we learn to surrender and open up to the reality of Life and to the total experience of being on Earth, here and now. No need to create an artificial universe in which to hide. We can now embrace all human experiences, without discrimination.

We then learn to feel and welcome all sensations, without judgment or panic, knowing that it is through the body that we can really perceive what is happening in the world around us. Through this process, the nervous system (and the body) becomes stronger and gains more resilience, allowing it to withstand even more intensity and receive more information, without creating inflammation or overheating. No matter what is happening in the external world, we can at any given moment sit down with our eyes closed, find our center and connect to Life, directly.

The Different Degrees of Pain

When the body is threatened by a problem without resolution, it automatically reacts by tensing up. The tension will first be felt at a muscular level, since its purpose is to generate an action. However, because the tension cannot be released, it must be maintained, and therefore other systems will need to be activated in order to stabilize it. This is when the visceral systems come into play, which will need to

work hard in order to maintain the active tensions and to eliminate as best as possible the toxins that are generated. In the long run, the organs will become tired and start to suffer.

Through this process, the nervous system will also need to work ceaselessly in order to sustain the various actions of the different systems, which will of course exhaust it even more.

Since the tension in the tissues has no means of expressing itself, it will end up displacing certain structures as well as compromising others, creating an internal misalignment that will, in turn, compress certain parts of the arterial complex, thus slowing down the circulation of Life and diminishing the intensity of the sensory information perceived by the body. In fact, as we have seen, pain will very often disappear from the consciousness of the individual altogether.

The anaesthetized body will now balance itself on its internal lesions as well as the vertebral displacement, both of which will serve it as a crutch. Keep in mind that a contracted tissue can become as hard as a rock. The misaligned vertebrae become akin to a metal rod that stabilizes the back.

Through this process, the body will start to slowly lose its sensitivity as well as its capacity to communicate fluidly with the central nervous system and its operator.

Please note that although the pain may subside or diminish in intensity, it will always remain present. It will simply no longer have the capacity to express itself consciously through the afferent peripheral nervous system.

Under such circumstances, it will have to find new ways of communication that we commonly call emotions. An emotion comes about when an organ suffers, and when the channel of nervous communication is jammed. The toxins generated by the visceral tensions will infuse the surrounding tissues and make their way into the bloodstream, which will eventually stimulate the hormonal system in hopes of awakening a response.

If no action is taken, the toxins will keep on accumulating and eventually generate compensatory tensions that will block the pathways of emotional communication, thus silencing them.

The pain will then need to find another means of communication, but this time at an even subtler level.

At this point the nervous system, which is dealing with contracted organs and tissues, as well as overheating, will start to release even higher levels of toxins in zones that are particularly congested. The nervous toxins will express themselves or be experienced in the form of thoughts.

In other words, when the nervous system is stimulated, and when it doesn't have the means of taking an action, as a last resort it will secrete thoughts in order to elaborate a plan, first, so that it can evacuate the building pressure, and to then potentially resolve the problem at hand.

Thoughts have the same function as emotions or pain, that is to say, they are meant to attract the system's attention towards a problem in order to find a solution. However, they are the expression of nerve cells rather than muscle or visceral cells.

In other words, to illustrate all of this simply, we can say that tension in the muscular and soft tissues are associated to pure pain, visceral (or organ) tissues when hampered by internal stress generate emotions, and nerve tissues that are in pain secrete thoughts.

Remember that for the body, the moment that a tissue is stimulated, it creates an imbalance that we experience as discomfort or pain. The pain can be interpreted as pleasant or unpleasant by the operator. Whatever the case, it will then require energy in order to restore balance, or the neutral point, in the body.

Please note that here I am trying to simplify something which is extremely complex. At the end of the day, what I wish to share is simple. For the body, emotions, and thoughts are just another form of pain. They are different levels of expression of a toxic filled system, and their objective is to generate action. Emotions are not spiritual or even remotely important. Thoughts are not divine, as we imagine them to be. These elements have been designed to help bring awareness to our actual problem and allow our attention to infuse the suffering areas, thus allowing for a release of tensions and for Life to flow once more.

When there is pain, emotions or thoughts, it is because Life is not flowing. Each expression of dis-ease has its own texture and offers varying experiences to the user. Some people get addicted to emotions, while others prefer to get lost in their thoughts. They believe their emotions are real, that their thoughts are the voice of clarity and

reason, when in reality, they are the by-products of toxicity, and are designed to bring the attention to the actual lesion, in order to potentially generate an intelligent action.

What's Next...

When the tension penetrates all the way to the nervous system, the flow of thoughts will drastically increase. Having not yet found a solution, at least for the time being, the thoughts will start to compile and combine with one another, in hopes of conceiving an intelligent and superior plan of action. If they are confronted to a problem without resolution, they will with time become more and more refined, until they eventually become totally random, or so it will appear at first sight.

Underneath all these phenomena, the tension that is threatening the system is still there, as well as the primal survival mechanism that is desperately seeking for a solution.

As you can imagine, this process is multidimensional, meaning that the various expressions of pain are all happening at the same time. There is no clear division between physical pain, emotions and thoughts. In fact, the tension has three simultaneous levels: physical, emotional, and mental, since the whole body suffers as soon as there is a tension.

We can look at things in another way. Each tissue or organ in the body is a living organism. Each has its own personality, as well as its own way of being. These creatures are very simple in comparison to a human being. A heart for example is unidirectional. It only knows love, and of course the absence of love. It doesn't know frustration or jealousy. When a tissue is tense or hurt, it expresses itself, just like all other living beings. It will experience physical pain, to which will be associated an emotion as well as a certain basic state of mind.

A heart for example doesn't aspire to be a millionaire. It thinks of love and wishes for love, talks about love, sings about love, etc. In the absence of love, it will of course be sad and will express its love melancholia.

The heart, as well as all the other tissues of the body, has a specific corresponding area in the brain. When the heart is chronically

suffering, the equivalent area of the brain will also be stimulated in a chronic way.

The brain area in question will then generate thoughts that you will experience as a voice or a thematic thought pattern recurring in your head. When a part of the body is suffering, it is either missing something or has a certain need. By paying attention to your thoughts, you will hear a voice asking for something. "I want this, I want that." You will suddenly have a desire, which is in reality the way for the affected organ to communicate to you its needs, thus motivating you to act in order to resolve the problem. So if the heart is suffering, you will have a universe of thoughts and desires intimately linked to what it is lacking.

The thoughts secreted by the brain do not serve the same function as those secreted by the nerve tissue associated with a suffering organ. The brain by definition always looks at things in a rational, analytic and calculated way. Its objective is to find solutions. It's not personal. Its duty is to manage all the parts of the body as well as to satisfy all their demands. This is an enormous task! The brain essentially has the job of the "father" in the great family of the human body and must maintain order at all times.

The nerve tissues of an organ, when they are affected, express themselves through a dreamy, romanticized story, mixed in of course with some emotions. And depending on the social conditioning that we have received, their story can be more or less dramatic.

About Emotions

We are often under the impression that there are good emotions, like for example love and joy, and bad emotions, like hatred and jealousy, etc. In reality, there aren't any good or bad emotions. An emotion is always the result of a tissue stimulated by a tension. Everything that disturbs the body's neutrality is considered by the nervous system as a source of stress and tension, or as an aggression. In Nature, everything is neutral, and as soon as a tension comes up, the system then tries to re-establish balance. This doesn't mean that an emotion is negative. In fact, it is the way in which the body communicates to us a profound reality. Nothing more.

The inner state of love and happiness that everybody aspires to reach has nothing to do with the sensation generated by the positive or negative stimulations of tissues that we call emotions. These states of being are only attainable when the body is neutral and capable of reflecting to the soul its own light. It is within the soul in which resides true Love, Peace, Happiness, Joy, as well as all the virtues or qualities towards which we aspire.

Therefore, we shouldn't confuse Love for love, nor Joy for joy. One is the natural state experienced when the system is truly neutral and can reflect the Light of the soul, whereas the other is the result of friction at the level of the body and nervous system. It is a fleeting emotion and the consequence of an action – positive or negative.

Eliminating Pain at All Costs

In the same way that we are trying by any means to eliminate pain, we also try to eliminate in every way possible "negative" thoughts and emotions, not realizing that they are also subtle signs given by the body to warn us that our system is suffering. It is paradoxical when we think of it. And then we wonder why nobody ever really changes. The reason is simple: the mechanism of change is fuelled by the capacity to feel what is really happening here and now, through the bodily sensations that are constantly communicating to us how we really feel, in the depths of our being. Pain, no matter its level of expression, whether physical, emotional, or mental, tells us that something is wrong. Pain is what allows us to know what is going on. Isn't it ironic then to constantly want to repress it?

How can we hope to generate sustainable change, if the actual fuel to do so is systematically rendered inaccessible? And instead of taking courageous and inspired action, we develop, in order to compensate, New Age philosophies that glorify passivity and inactivity, in the name of non-violence and universal love. In fact, when we go on New Age "trips" with beautiful words that are void of meaning, the result is that we simply become anaesthetized and can no longer feel Life, and so we lose access to the Sacred Blue Flame of revolutionary action. This is why the world never really changes and doesn't risk changing either, despite the fact that there is an abundance of psychopop books on the

market, and that yoga and meditation are trending everywhere in the occidental world.

In reality, by feeling and listening to the pain as much as the emotions and the thoughts, without judgment or a desire to discard them, the body calms down, and the reality behind the symptoms starts rising to the surface. It is at this moment that Nature is able to intervene concretely and transform the body, and thus our lives as human beings, forever.

When we are taught that jealousy is bad for example, it is a very limited way of seeing things. The sensation of jealousy is a message from the body, warning us that there is something out of balance, inside as well as outside of us. There is a loss of power and autonomy, as well as a lack of honesty and clarity in a relationship.

By listening to their messages, these energies push us to transform the situation, so that we don't compromise our integrity. They encourage us to reclaim our real power, so that we don't have to needlessly suffer. They help us to realize that if we really want to become free, we must essentially become stronger. This is the real reason why Yoga exists. Not to help us disconnect, but rather to reconnect us to Life.

By mentally trying to make so-called bad sensations or emotions disappear, we are in fact simply hiding our truth, forcing ourselves to become actors, pretending to be someone we are not. Moreover, there is no real resolution of the conflict, even if the symptoms seem to have disappeared. We must always remember that everything in Nature is perfect. It is our limited understanding and our fear-based interpretations of Life that are the source of our problems.

HOW TO RELEASE TENSION?

People often ask me how to go about releasing tension. And I always answer the same thing: "*Feel the pain*." And this often frustrates people. They think that feeling the pain is being masochistic. Yet there is nothing masochistic about becoming conscious and feeling what is really happening in the body and our life. What's more, they want me to give them something to "do" so they can take charge of the pain.

If you sit comfortably, eyes closed, without trying to control, inviting relaxation, you will see that your attention will naturally go towards the pain. The organism is seeking to resolve its problem, and if you let it, this is exactly what it will do. When you are finally able to come in touch with this tension, you will become conscious of everything that is related to the pain and the discomfort (or dis-ease) in the first place.

Pain makes the practice of consciousness extremely easy. You don't need to try. Nothing needs to be done about your incessant thoughts; pain automatically absorbs them and clearly points out the root of the misalignment. It shows you your inner reality and your profound compensations. It offers you a real-life lesson, beyond theories and philosophies. It is in fact the gateway to the depths of your psyche.

Moreover, very quickly, these so-called pains will transform into pure energy and begin to circulate throughout the body to soothe the tissues.

Feeling the pain, as I am relating it, is not a mental process. It cannot be done from up above, from the brain looking down. Feeling is a state of being. It means learning to let go and accepting what is. It is learning to be touched by the body and its sensations, firsthand, without intermediaries such as breathing, for example. It is learning to be in our feminine energy, receptive, and really accepting what is. But to do so, the tensions that are preventing the nervous system from transporting the sensorial information throughout the body need to be treated.

When the body learns to relax, and we accept to feel what is, a whole new world of perception opens up to us. There really isn't any more pain per se. Rather there are different varieties of sensations that are seeking to integrate within the nervous system in order to allow Life to circulate uninterrupted.

A lot of people talk about feeling their bodies. I am referring here to athletes, dancers, yogis, and others who are very active with their bodies. Paradoxically, very often, when we evaluate their nervous system, we realize that it is profoundly blocked or dulled and therefore the information cannot really circulate through the main nerves. Yes, they can feel, but from the brain, or sometimes even through other dimensions or layers of the body. But they don't really feel at a cellular level.

Incarnating into the body, in the true sense, means opening up to our vulnerability and mortality. It means accepting to see Life for what it is, not for what we believe or wish that it were. It is a conscious choice that must be made by the soul, all the way to the core of its essence. The body and Nature, receiving this sincere request, can open up to us and show us slowly but surely the path towards our own humanity.

Pleasure and Aversion

The human body is very straightforward. Like the body of any animal, it functions according to the principles of pleasure and aversion to pain.

In the natural world, far away from the toxic products and the never-ending sensory stimulations that excite the nervous system, it's only through the free movement of energy that we can access real pleasure and wellbeing.

When energy moves freely and penetrates each cell, an orgasmic sensation starts circulating throughout all the tissues, without any friction, overheating, or some dependency on external or internal stimuli. This is the natural state of the human body, when it is relaxed and neutral. In other words, the natural state of the nervous system is pleasure, or orgasmic ecstasy.

Tension essentially blocks this state of internal beatitude, which right away generates pain. The pain notifies the system about an imbalance, which once resolved, brings us back to the orgasmic state. In other words, pain is synonymous with pleasure and beatitude, since it allows us to get back to our state of real orgasmic relaxation.

By coming in contact with pain, we come in contact with pleasure and the orgasmic power of the human body, simultaneously. That is why it is so intense!

An Important Nuance

Thanks to all kinds of methods that are available on the market, we can today, if we so desire, trick the body into releasing its superficial tensions. This is of course amazing if we want to palliate pain. However, these approaches don't teach us how to come into relationship with Life directly through our body, or how to release tension in order to

authentically reclaim our power. These techniques do not show us how to access the Temple of the living God. In fact, they prove to the guardians of the temple that we are unworthy of entry.

Truth be told, these methods are not geared towards consciousness, but rather towards the manipulation of the body, in order to satisfy our own selfish goals and essentially to continue living in the same way as before.

Learning to come into relationship with pain, which is the secret language of Nature, pushes us to transform our lives. When we become conscious and feel the effects of our actions, our behaviour transforms immediately. We no longer need to adhere to any philosophies or make mental efforts in order to change what we do. Everything happens naturally, thanks to a real growing awareness through the body. This is what I call living spirituality. This spirituality comes into being by itself; it is the fruit of consciousness, which is our true nature. It cannot be forced or taught.

ABOUT COMPENSATIONS

From a "cosmic" point of view, nothing in Life is really bad. Everything has been created by Life, for Life. To be able to perceive things for what they are, we need to develop a deeper understanding of the human body, and of its intimate relationship with Nature. Life is perfection. One needs only open up to be in synergy with it and to become conscious of its Genius, everywhere around us.

From this illuminated perspective, when we approach the body, our objective will no longer be to fix, change, manipulate or stimulate anything at all, but rather to help the body relax so that Nature can work her magic and so consciousness can emerge.

From a superficial point of view, we can consider everything that affects the body and misaligns it as essentially "bad." However, by digging a little deeper, we realize that the motivation that pushes a person to make a specific choice or to engage in a so-called "negative" action comes from an involuntary reflex of survival.

Smoking, for example, is a way for the system to survive, as absurd as it may seem. This is the reason why I invite my students and

patients to let go of the judgments that they have toward their actions in order to discover what is happening on a deeper level. In reality, we are pushed by internal forces to make "choices" in order to survive. The acidity generated by our choices hardens and intoxicates the body, which is part of the mechanism of compensation and survival. This must be well understood! Otherwise, we continue to entertain a dualistic attitude that feeds both fear and self-destruction.

If we want to enter a new phase in our lives, it is not necessarily the habits that must be set aside, since they are not the actual root of the problem, but rather, what's really needed is to cultivate love and respect for Life as well as for ourselves. It is this love and compassion for oneself that will inspire us to find the courage to confront the unknown. In fact, this very same love will propel us forward, despite our fears on the path of empowerment, to face the skeletons in the closet of our unconscious, as well as to make new choices.

In this way, you will see the compensations left behind, one after the other, slowly but surely, without having to control or impose upon the body, through the mind, a rigid mold that aggresses it and eventually becomes a compensation in itself. This is the difference between healing in the real sense of the word and simply palliating symptoms, no matter to what extent. This is the difference between Living Medicine and modern, alternative and even energetic medicines.

Nature is perfect and must be respected through all of our actions. It is this reverence that opens the doors of the Living Temple, and allows us to fathom the mysteries of Life, in all of their Magnificence.

"*How does one cultivate love and compassion for oneself*," some of you may ask. The answer is easy. To start, dare to feel what is really happening inside you. Close your eyes, stay in silence with what is there, and feel your profound reality. The pain or the discomfort will eventually dissipate, and then you will realize just how much understanding and compassion you have for yourself. Nobody in the world can understand you better than yourself. Nobody can understand what you have been through, and nobody is in a better position to encourage and support you than yourself. It is then time to let go of the mind conditioning that has been inculcated in us, which has left us under the impression that we are fundamentally bad, and instead let our profound reality rise up to the surface and welcome it in all its splendour and intensity.

WHERE DOES THE PRIMARY LESION COME FROM?

The real essence of Life is eternal. Why then are we so afraid of death, if we are essentially eternal?

The answer is simple. It's because we aren't really conscious of our spiritual nature. The soul is currently identified with the body, which is mortal, and hence experiences the passage of time as well as death. So in spite of our affirmations and good faith, in the depth of our being, the anguish persists and continues to wreak havoc.

The next question to ask ourselves is: where does this primary lesion come from, which has disconnected us from our spiritual consciousness? How did it manifest itself? In other words, why is the soul stuck inside the physical body, and why is it currently completely identified to it? How did this come about?

The Theory of the Extraterrestrials

Throughout my research, studying the writings of ancient African, Indian, Egyptian, Mexican, and even Asian cultures, I realized that they all systematically made reference to a people coming down from the sky, that appear to have in some instances manipulated the original genetics of human beings.

According to some interpretations of the Sumerian clay tablets, the "gods" who descended from the skies, called the Anunnaki, modified the genes of the primitive earthly man in order to create a race of slaves capable of extracting from mines the necessary gold that would ensure the survival of their endangered planet.

Some "extraterrestrials" are even said to have copulated with human women in order to create a hybrid lineage, the result of which was a line of demi-gods, whose purpose was to be the masters of our world.

There are even references to "aliens" in the book of Genesis in the Old Testament.

Genesis 6: 1-2, 4: 1 And it came to pass, when men began to multiply on the face of the earth, and daughters were born unto them, 2 that the sons of God saw the daughters of men that they were fair; and they took them wives of all which they chose. 4 There were giants in the earth in those days; and also after that, when the sons of God came in unto the daughters of men, and they

bare children to them, the same became mighty men which were of old, men of renown.

The expression "sons of God" is interpreted by certain theorists as referring to extraterrestrials, whereas for others, it refers to fallen angels that would have come from other dimensions to accomplish the will of Lucifer. But regardless of personal interpretations, what is interesting to note here is that even in the Bible there is mention of such a crossover.

In fact, the Zulu people of South Africa, as explained by the shaman Credo Mutwa, tell of a race of extraterrestrials who came from the sky, thousands of years ago, that were akin to lizards and could shapeshift at will. These creatures married human women thus giving birth to a super-powerful race of kings and tribal leaders.

Essentially, what I want to share here is that some kind of supernatural triggering event must have happened, something that must have put the human body in an extreme situation, to which no solution could be found, in spite of its best efforts.

By being a "victim" of genetic modification, it becomes conceivable that the human body monopolized all its resources, as well as the entire attention of the Self, in hopes of remedying the situation. Such a lesion would represent for the body the equivalent of a black hole in space. A vacuum force so powerful it would literally suck into itself all the Life Force, thus creating a major lesion which would succeed in disconnecting the body from Earth, and Life itself, and become the very fulcrum of our reality.

Moreover, the soul, because of this black hole, would now officially become a hostage in the human body. It would drown in matter, unable to find the ground to push itself back up. As a result, it would then need mind constructs in order to stabilize itself and keep afloat, so to speak.

As previously discussed, the moment the body has lost access to the power of Nature, the entire organism goes into survival mode, thus activating the problem-solving mechanism. The body, despite its good intentions, would be incapable of healing itself, since the problem that confronts it lies out of its reach. The organism would therefore become "obsessed" with survival and would try by all means possible to stay at the surface in order to avoid getting completely absorbed into the Darkness.

Thus, over time, the soul becomes identified with matter or the body, as well as the various "I AM's" that belong to the artificial personality.

The mind as we understand it today is the result of a chronically inflamed nervous system that's desperately seeking ways to evacuate the increasing pressure. Everything that the mind creates allows the body and attention to ground themselves, even if only temporarily, permitting them to escape the fear that has been haunting them since the beginning of time.

The theory of the extraterrestrials is nothing but a theory, although it is invariably validated by numerous ancient civilizations on our planet, as well as credible contemporary researchers, who have devoted their entire lives to the pursuit of investigations in this field.

However, one thing is for sure, a major event must have taken place, one that has traumatized the human body and race in an irreparable way. This original trauma of unknown origin would have disconnected the body from Nature and would have triggered the sophisticated survival mechanism that we are all witnessing today.

In fact, some researchers strongly believe that the practice of Yoga took birth in order to facilitate the healing of this primary lesion and to allow man to come back to his original state.

It is also possible that the Creator could have intentionally created a "lesion" or a "flaw" in the design of the human body, knowing exactly what would happen over time, a little like the manufacturers of light bulbs who make sure that the materials get worn out after having been heated for a certain number of hours.

In any case, everything that is happening perfectly follows the Divine Will. A more detailed explanation will come a little later.

The Great Detox

We all know without a shadow of a doubt that the human body is presently disconnected from the Earth. The world in which we live offers us undeniable proof. The real cause however remains unknown.

We can entertain ideas and elaborate theories about these subjects, but we will never really know the exact answer, unless we dive into the depths of the body and discover what is really happening at

the heart of our human genetics. And although we may not know what really caused the primary lesion, we can still go through the necessary steps to establish a reconnection with Nature.

The next question to ask ourselves at this point is: what is the fulcrum that could neutralize the deep-seated tensions we carry, so that the body can realign itself? Once again, there's no need to look very far. The answer is right under our nose, or rather, under our feet. I am talking, of course, about the Earth itself!

The Earth is the only natural and accessible Power capable of absorbing the tremendous amount of tension that has been accumulating for thousands of generations inside our body and that has caused this disconnection. By putting the body back in touch with the Earth, through its connecting agent – the bones – we will be able to release the stored-up tensions, naturally, and by doing so re-establish our conscious link with it.

When we accept to face reality and cease to escape the pain, when we let go of our obsession of "doing something" and controlling, the body grounds itself immediately on the bone structure, and connects us to the Earth. This is in fact the structure's function – to support the body and put it in connection with the natural world.

However, the bone structure is currently profoundly damaged, which makes the experience extremely intense, as well as sometimes painful. Everybody has already experienced muscle or tissue stiffness and knows to what extent it can be paralyzing. Imagine a tension in the bone; now that's really something!

The sensation that will come up is a mix between deep pain and an indescribable orgasmic feeling. One thing is for sure, when reconnecting with the bones, an unfathomable quantity of energy will be released and start circulating.

Bones are the foundation of the human body. All the tissues of the body, no matter their nature, are linked with them in one way or another. From the moment a tissue tenses up, it pulls on the bone that is stabilizing it. The bones are therefore the anchoring point for all the tensions that live within the human body.

If the structure is free, the tensions will be easily absorbed and transferred into the Earth. However, if the structure isn't aligned, and if the bones are hurt, the tensions will stay stored in the body, which

will then have to severely compensate in order to deal with, as best as possible, the extra load.

In other words, all the tensions of the body have left their mark on the bones, over time. The bone is a living tissue that, under the weight of the tensions, has also gotten injured. These lesions are called intra-osseous lesions, since it is literally the osseous tissues that are hurt. Remember, a bone is not empty. Inside of the bone there is a material that resembles a sponge, but harder. This is the material that allows the vectors of force to circulate throughout the body in order to be grounded. When it is damaged, it loses the capacity to make the energies circulate optimally.

As mentioned before, the real fear of a human being is death. A tension scares him because it represents death to him. When the body is in danger and unable to manage the situation, in order to avoid a short circuit, it must disconnect. The disconnection is literal. Since the nervous system requires a ground, which is available through the structure that allows the information to circulate, by displacing the bones, the data will no longer be able to flow through the whole of the body. We then become unconscious of the totality of the situation or phenomenon. We lose perspective, or the actual context in which we find ourselves.

In fact, the misalignment will happen naturally due to the intensity of the tension itself, which will be pulling the bone out of its position. The tension is therefore both the problem and the solution, or rather the palliative solution.

When the structure disconnects from the Earth, it will have to henceforth manage the stress on its own. This is a tremendous work. Eventually, it will become stuck, and drag along with it other vertebrae or other neighbouring structures to help it support the burden. All the surrounding soft tissues such as the muscles, fascia, etc., will also inevitably react by tensing up, in order to harden the body and help it cope with the growing pressure.

Over time, and under the influence of the tensions, the bone will sustain severe damage. This means for the individual that he will no longer be able to use his foundation to rest and ground himself. Without a structure, it is impossible to truly release and relax. It is as simple as that. It is not possible to rest on a chair with a missing leg. We must constantly make an effort in order to stay stable.

In the same way, when the body gets disconnected from the ground and the structure gets injured, it will have to always remain tense in order to find any sense of balance.

Pain and Bones

By coming in touch with the bones, all the tensions that inhabit and support the body will awaken and seek to be grounded immediately. This accounts for the intensity I was referring to earlier. After a certain time, the tensions will begin to melt, one after the other.

These compensations have protected the body for a very long time from the fundamental fear that haunts it, and underneath we will find our real body, vulnerable, sensitive and hurt. We will feel our body for the first time, as it actually is. We will understand at the same time why we have been "off-line" for so long. The Great Disconnection caused by the primary lesion has been extremely violent for the body, which has been protecting itself ever since. Through this process, slowly but surely, the intraosseous lesions will also start to relax, and the bone structure will start rebuilding itself authentically.

Thanks to this new stability coming from the bones, the body will be able to ground itself even more, allowing the nervous system to slowly access a deeper neutral point. The neutral point enables the circulation of an earthly healing energy throughout the body, endowed with the attributes of the five elements.

I call this energy the living medicine of the human body, which serves the purpose of healing man and elevating him to his status of Cosmic Servant. With a little practice, we learn to dive into this River of Life and swim in it, and with it.

Thus, by way of this self-healing process, the body is literally being reprogrammed on a cellular, and even genetic level, by the living medicine. It is absolutely incredible to experience!

All the tensions that the human lineage has been carrying for thousands of years are at once integrated and dissolved to make room for a new human body, healthy, aligned, clear, conceived specifically to be in service to Nature and Creation, as originally intended. All of this happens without the least effort on our part, and that is the secret.

As soon as we impose our will, Nature cannot do its job. The desire to control comes from our fear as well as from the inflamed problem-solving application. Fear can never go in the direction of true healing and service.

Our intention must be sincere, and Mother Nature will recognize it immediately. In fact, only sincere aspirants will dare to face the mountain of tension that has been accumulating for generations, accepting to feel the burden and reality of their karmas.

Healing, in the true sense of the word, is for the Heroes only. It is for those who wish to know the truth and desire from the depth of their being to help humanity get back onto the Path of Life, no matter the sacrifices.

Back to Eden

As the body begins to realign and our conscious and direct link to the Earth is re-established, an awakening will occur inside us. The reverse of the entire process outlined in this book will then take place. A deconditioning, or a deconstruction, will result.

When the body surrenders to the Earth, the soul, which was up to now held captive by the primary lesion, will be set free. It will then start becoming truly conscious of itself, through the physical body.

By following the River of Life circulating freely in the body, the soul or attention will be guided naturally, via the nervous system, towards its seat at the level of the third eye, where it will reassemble at one point.

That is when a sincere prayer will arise, coming from the depths of its being, calling on the True Unique God of Creation: "*Ek Onkar Sat Naam*," which translated from Sanskrit means: "*There is but One reality, the Unmanifest manifested, ever eternal, He is Naam (the Word)*."

At this point, all the soul's attention will be on Him, because He is the only one that can presently quench its thirst for Love and Light. It will therefore wait, in sweet remembrance, at the door of the Kingdom of God (or the Garden of Eden) located at the third eye, until the Beloved comes and opens His doors to it once more.

Remember, the soul comes from a reality far different from this one, from a world where energy is perfectly pure and spiritual,

without any trace of matter, beyond the Creation. This world or reality is not outside of us. We can say that it is so deeply buried within, that it has presently become inaccessible to us, especially because we are currently so identified with the other realms: material, emotional, energetic and mental, or in other words with the Creation, with all its circuitry and complex mechanics.

The transcendental reality of Life, which is nameless, indescribable and inexpressible, is at the very heart of Life and remains eternally intact.

By the benevolent, merciful and graceful intervention of the Supreme Dimension, the soul that is currently encapsulated in the body will be lifted above body consciousness and given access once more to the Kingdom of God. At that point it will be possible for the soul to access the Word of God and thus continue on the path towards ultimate Consciousness. It's important to note that although the soul will have gained access to its true home, it will still be attached or linked to the material life, until the body has completed its mission.

By deepening its link with the Word of God on a daily basis, the soul will become stronger and more mature. It will start accessing the Will of God directly, without any external intermediary. And step by step it will learn to work in synergy with the impetus of the body, in order to become a conscious co-worker of the Divine Plan. **In other words, the body will be aligned with Mother Earth, and the soul will be aligned with Father God, and together they will be able to build the New World.**

THE CONCEPT OF A GURU

From a young age, we have been exposed to a model of education that reflects the paradigm that governs our society.

Society wishes to train, through its education system, competent people, capable of filling different roles and pre-established positions, thus allowing the economy to thrive and ensuring the evolution of the System.

Wisdom and knowledge, in their purest sense, are not in the best interest of our educational system. They are in fact its enemies of sorts.

In school, we learn the basics, namely how to read and write and count. As for the rest, we are basically taught to repeat the information that is fed to us, and this is done across all grades.

When it comes to so-called "higher education," these are essentially dispensers of techniques that we learn in order to fix the more "advanced" problems of the System. In fact, the more techniques we've got under our belt and the more judiciously that we use them, the higher we are rated amongst our peers, and the more valuable we are in the eyes of society.

Autonomy, creative thinking, questioning and everything and anything that actually brings us back to Life is neither encouraged nor praised.

However, when Knowledge reclaims its seat at the heart of education, everything changes. Information, which is so abundant nowadays, slowly loses its value. The books, symbols of wisdom and intelligence, also lose their grip on us and slowly become sources of entertainment and mental stimulation. They are nothing but meaningless words after all, that will never be able to contain Life, no matter how beautiful they are.

True knowledge cannot be taught. It can only be caught like a virus, from a person who is also affected by the same "disease," for Life is the real Teacher of Man, and can only truly be experienced and discovered inside the temple of the Human Body and shared through Resonant Love Transmission.

In such circumstances, the teacher, by his mere presence, opens up the inner sight of the student, who starts perceiving a universe that wasn't accessible to him beforehand. The teacher's role is no longer to spoon-feed information to the student, but rather to help him become conscious of a world of knowledge and possibility inside himself and assist him through the process of growing as efficiently as possible.

Everyone has already lived similar experiences, in one way or another, in the presence of a genius or of a person completely devoted to his art. In the presence of "great people," we feel exhilarated and

elevated. A world of possibilities opens up to us. Our ideas transform and reach levels never experienced before. We are intoxicated by the potential that is revealed to us.

What differentiates a teacher of life from a genius or an artist is that the teacher shows his student how to access practically and on his own, the same level of consciousness that he has reached, inside himself, whereas Steve Jobs or Madonna, for example, are admired by the whole world, and despite their contribution to humanity, have never taught others how to access the potential that they have (had) access to.

In ancient times, education was very much geared towards this way of learning. School was not a place where the student went to be formatted like a computer so that he could execute a task mechanically, but rather a place to discover the Life within himself and learn to recognize the same patterns in the world outside.

As a matter of fact, in India, to this day, this mode of transmission still exists and is solicited by sincere seekers from the entire world, thirsty for knowledge. This is what we call the guru-chela relationship. In North America, the word guru has become synonymous to sect, charlatanism, control, loss of autonomy, submission, etc. Ironically, the word is more and more used in marketing to define an expert in a particular field: health guru, nutrition guru, motivation guru, marketing guru, etc. But as soon as we speak of spirituality, the divine, or even of Life, there is a certain preconditioned discomfort that comes up.

The word guru literally means the one who brings you from darkness to light. There is no better word to define the role of a teacher. This is exactly what he does. He guides the student from the darkness of ignorance towards the light of knowledge and consciousness. Chela literally means the one who desires to learn.

In India, the word guru doesn't only apply to old bearded men that teach spirituality and Yoga. Far from it. It is a respectful term or a title given to all people that teach or graciously share with us the knowledge they have acquired, about any subject they have mastered.

A master of Indian music is considered by his students as a guru. Since Life is really One, to truly master music, we must in reality master Life. The quest for perfection, no matter the field, invariably always leads us back to the quest of the Self, to some degree.

Let Us Take a Closer Look

If you are in love with mathematics for example, then it represents a lot more than mere numbers for you. In reality, your life depends on it! The master whose task will be to teach you how to decode the language of Life through mathematics will be in a certain way your saviour. He will illuminate your life with his wisdom.

In the olden days, and still today up to a certain point, the adepts of a science or an art were truly lovers. They would devote themselves body and soul to their practice, for the sole purpose of getting closer to the truth. Their objective wasn't to make money, or to become celebrities, but rather to pierce through the mysteries of Life through their respective mediums.

Someone who would spend twelve hours or more per day practicing a musical instrument wasn't seeking to become the next Celebrity, but rather was hoping to meet the Divine through the music.

Therefore, you can imagine when a student would meet a man or a woman, with 30, 40, or even 50 years of experience in their field, how special that person must have been for him. You can also imagine how special the student must have been for the master, who could recognize himself in him.

Envision meeting a person that has devoted himself, body and soul, for all his life, to the same science or art that you revere, and offers you the possibility to learn from him. This person, in a certain way, holds in his hands the key to divinity, at least for you.

You must understand that the master is not divine, but rather human. It is Knowledge itself that is divine and that opens the doors towards the sacred. But no one can deny it, this key is in the hands of a mortal human being, whom of course deserves the highest degree of respect.

Up to now, I have given you examples where music, mathematics or art are at the heart of the learning process. When consciousness and Life are the very subjects of education, everything takes on a whole new dimension.

The Real Doctor

Did you know that the word teach comes from the old English "tæcan," which means "to point out, to show"? A teacher is then by definition the one who makes you aware of a phenomenon by pointing it out and bringing it to your attention.

This also implies that a teacher cannot teach us or give us knowledge as such. He can however help us shine light on what is already inside us.

The word doctor, on the other hand, comes from the Latin "docere," which means, ironically, "to instruct, to teach." What is then the role of a real doctor? It is certainly not to give us medication, anaesthetize our pain and allow us to continue living in the same way as before, without ever becoming conscious of what is happening inside us and in life in general.

A true doctor is a servant of Life. He must be conscious first and foremost of the Life circulating inside of him. He must also understand how Life functions and how it expresses itself in the material world. His role is not to eliminate symptoms through medication, plants, distractions or mental stimuli, but rather to help the patient become aware of what is really happening inside him, for that is the only way one can truly heal.

To do so, he can use spoken language, his hands, medicinal plants, music, and so many other tools or means. The way in which he helps his patient to gain consciousness is simply a detail. The power of his medicine depends on him, on who he is. The method that he uses in order to reach his patient is merely a vessel meant to contain the medicine, or the light of Life.

This can sound mysterious to some, but I assure you, there is nothing simpler. When you master a subject and wish, out of love, to share with another sincere person the path towards mastery, with a simple little word that's well placed, you are able to guide him along his path and help him to save years of hard work and suffering. With a light touch on the shoulder, you can encourage him, or help him understand the blockages that are hindering the circulation of Life inside him.

When the Student Is Ready...

You most likely know the saying: when the student is ready, the master appears. This statement is as true as it gets. In fact, it is a law of Nature. When there is a void, Nature automatically fills it up.

In the same way, when a human being is seeking for an answer or a solution, Life sends him the necessary people to guide him in that

direction. The praise goes of course to Life, not to its servants. But we respect and love the servants nonetheless, since it is through them that Life is able to serve us.

A doctor who is properly aligned knows that Life is using him, and therefore his only objective is to serve. He becomes a master servant. He realizes that the so-called disease isn't bad, but rather an ally of Life, allowing the sick to become conscious of who they really are. In no case whatsoever does the doctor wish to remove or suppress the symptoms. He isn't working at that level. His job is rather to help the patient become aware of the cause hidden behind his symptoms, and this is done with the least amount of effort on his part.

It is Life that awakens Life, and it is Life that heals. The symptoms disappear naturally and without any effort, as a result.

Practically Speaking, What Is the Role of a Doctor?

The function of a doctor is essentially to help the student, or patient, to directly experience the Life Force inside him. To show him how to strategically release tensions, in order to facilitate the circulation inside his body. To encourage him to always advance on the Way of Life, never accept the status quo, and under no circumstances ever compromise his own self and integrity, for the sake of name, glory and fame.

Is the doctor any different from the patient? No and yes. No, because he is also walking on the same path and seeks to perfect his connection with Life, inside himself. And yes, because he has acquired more experience than the student and can therefore guide him from point A to point B, in all security.

The Satguru

The true doctor essentially has two great tasks. First, to help the patients, clients and students heal the primary lesion, in order to guide them naturally, while respecting the laws of Nature, to the Door of the Kingdom of God.

Second, once the soul has had access to the Kingdom, to help it, if it wishes, to align its material and spiritual life, in order to be able to partake consciously in building the New World.

However, the Door to the Kingdom of God cannot be opened by just anyone. There are thousands of spiritual masters that teach and guide their disciplines towards all kinds of realizations and regions of the Creation.

But only the Satguru, which signifies the True Master in Sanskrit, can open the 10th door and give us access to the Kingdom of God.

It is in fact his role. Everything in Creation serves a function. The dog, the tree, the ant, the angel, the human, the doctor, etc. The Satguru also has his own function, that of raising the soul above body-consciousness and reconnecting it with the Word of God, the primordial power at the base of Creation, so that it may be set free from the law of Karma and the Wheel of Life that have been keeping it prisoner since the beginning of times.

This specific task is attributed to the Satguru by the power of God himself and comes with great responsibilities. The process by which the soul is reconnected to the Word is called Initiation and is offered for free to every sincere person that wishes to know themselves as soul, and access eternal peace.

According to some, Jesus was a Satguru. In the Bible, it is written that he was "the Word [that] became flesh," which means that he was the incarnation of the Word in the material world and opened the Doors to the Kingdom of God to all sincere seekers of truth.

Take note that when the body of the Master dies, this same power – The Word – is manifested through a new physical body. So in other words, the Masters of the past cannot help us, just like Hippocrates cannot treat us today, but there is always a Satguru living in every era to quench the thirst of sincere human beings.

The Satguru is a job title, in the same way as the Queen, or Pope, or Angel, or any deity is. It's a function in Creation, that serves a unique purpose in the Great Cosmic Story of Life.

PRIMAL AND DIVINE LOVE

When we attentively observe Nature, we quickly realize that all forms of life live in fact for their own selves. But since all the forms of life (with the exception of humans) are directly linked with and live in

Nature, each of their actions is beneficial for the Whole. This is exactly how the body with its trillions of individual cells also functions.

For example, by ensuring its survival, the squirrel, without noticing, is at the service of all the other life forms that surround it, from the termites to the birds in the sky. Meanwhile, for the squirrel, the only thing that matters is its self-preservation. In fact, for all the creatures of this world, the center of their existence is their individual survival, and by making sure that they thrive they are serving through their actions the rest of the natural world. This is what we call the natural survival instinct, and it is what unites through action all forms of life into one single super organism that we call Nature.

We can therefore understand that this survival instinct is in fact an unconscious form of love. If the squirrel didn't take care of itself, everybody would suffer. Therefore, there is nothing wrong with being "selfish," in the natural sense of the word.

Making choices based on what is good for us, really, is absolutely natural. Just like the actions of the squirrel will benefit all creatures, the actions of an aligned man will also benefit all the other forms of life that surround him. Man must however reclaim his raw internal state, because presently, his social conditioning determines his actions and desires, rather than his natural survival impulse.

The reason why I am sharing this with you is that there is this myth that spiritual human beings should never be selfish and only think and live for others. Yes, I agree, but only at the level of the soul. All those who struggle to live according to moral codes and excessive mental ideals are in my opinion committing an act of violence against Nature and their own bodies. When the soul's light truly shines through, we begin to naturally serve all creatures of life who seek for our help and shelter. Yet paradoxically, at a very humane down-to-earth level, we continue to "exist" for ourselves. And this is the beauty and the magic of the supreme alignment I spoke to you about earlier in the book.

The body must be respected in its ways. There is nothing wrong with it. When it is respected, by default it serves all other forms of life. We cannot just pretend, with our minds, that the body doesn't exist, because we are attached to certain ideals. There are rules in Nature and they must be followed if we wish to truly find peace and

serve humanity. Love is the very essence of Life. It is always there. We need simply t0 open ourselves to Reality in order to discover how it expresses itself on the different planes of existence.

How many monks and priests have tried to subjugate their bodies because of their beliefs, and how many have failed and will continue to fail? What is bad or wrong about the nature of the body? An aligned body is a faithful travelling companion, during your pilgrimage on planet Earth. Why make our lives miserable and pretend to be something other than what we really are, here and now?

The soul lives in a body that belongs to the natural reign and which operates according to certain laws. The body is "selfish" by nature. This means that its only interest is to survive, it is conceived this way.

During our time on Earth, we will thus need to learn to recognize the messages of the body, which is essentially seeking to preserve our life at an earthly level.

A person that aspires to live an integral and spiritual life with the whole of his being must find an alignment between the fundamental needs of the body and the gift of the Self, which is the natural expression of the soul.

It is only through this alignment that we can actually transcend the mind and its limited conditioning, to discover what the life of a real human being is, on Earth, here and now.

The Influence of Time and Space

Our planet operates within an immense galaxy, which is part of an even greater universe, which is part of another even vaster super universe, and so on. Our little planet is bathing in infinite space, which according to certain scientists, is continually expanding.

Everything in Nature functions according to cycles. We recognize them by the days that pass and the seasons that change.

We know that there exist other planets in our solar system, and just like the Sun and the Moon, they have an influence on us as well. We also know that the galaxy of which we are part is moving through infinite space.

What about the other galaxies in the rest of the Cosmos? The Earth rotates around its axis and revolves around the Sun. Similarly, each one of these galaxies also rotates around its axis, as well as revolving around a sun or central point. And if we consider the universe as a whole, it must also be in motion in relation to its central axis. And maybe beyond the universe there are other universes with which our universe interacts, a little like we interact amongst ourselves.

When the Earth rotates around its axis, this creates day and night on our planet, and the revolution of the Earth around the Sun generates the four seasons. Knowing that there exists a universal principle of correspondence, "on Earth as it is in Heaven" or "as above, so below," it becomes obvious that the movement of our galaxy on its axis will generate changes here on Earth and that its movement around its central Sun will also greatly affect us. Then what about the movement of the universe around its own axis? And what of its potential orbital revolution around a central super sun?

In other words, just like we have seasons on Earth, there exist seasons in the infinity of time that are characterized by significant atmospheric differences, which have a tremendous influence on our consciousness as human beings.

The Seasons of Time

In Hindu mythology, as well as in other ancient traditions of the world, the sages would talk about different ages. They explained that Time, in its infinity, was divided into four great seasons.

These different seasons corresponded with different levels of consciousness on Earth. In the golden age, human consciousness was absolute. All lived a natural life, simple and aligned with the Divine. As time elapsed, consciousness lessened, and the second season began: the silver age, when consciousness was awakened at 75% of its potential. Then, after a long period of time, consciousness decreased even more. This is when the bronze age began, which was 50% spiritual and 50% material. The ancient Egyptian dynasties are presumed to have existed around the end of this age.

With time, consciousness dropped even further and the iron age came to be. This is the age in which we are still living. In our era, as

we can witness, materialism and ignorance dominate almost entirely, allowing only a small spark of spiritual Light to shine through. In fact, what makes our age so special is that everything is completely upside-down. All that is just and true is considered to be false and bad, and all that is artificial and senseless is considered as good and desirable. Even the spirituality available throughout the world is presently empty and imparts only very little truth. During the iron age, confusion reigns supreme. It is also the age of diversity, when the unique divine power is divided into all of its different aspects. Everything exists at the same time, everything is possible.

Some experts are of the opinion that the iron age is now over, or close to being over, and that we are now at the beginning of a new era. In my humble opinion, this is not the case. The way I see it, we are only beginning the real crescendo of this era. After all, we need to remember that the iron age is in fact the age of deception. Things seem to be other than what they really are.

Nobody can deny that the world is changing. Information of all kinds abounds, and new spiritual paths as well. People are thinking more and more about their health and wellbeing and are seeking inner peace. For some, this means that the world is evolving, and in a certain way, it is. But when we look closer, in reality, consciousness of the absolute truth is continuing to decrease every passing day.

Yes, there is a change happening on Earth. And between now and the next century, life on Earth will be entirely different. I do believe that there is an era of peace that is coming. In fact, as I have already written, this is exactly the goal of the architects of this world. But this doesn't mean that man will be free and that the true Light of the soul will shine. It simply means that the Mind Consciousness will completely take over, and materialism will reign supreme. To be continued...

The Purpose of Life

Every seed holds within it a potential that wishes to express itself in all of its glory.

God, or the Supreme Power of Life, also has an indescribable potential, inconceivable and indefinable. Although we cannot apprehend it, we can say that it is absolutely infinite.

The seed of an apple tree in comparison to the potential of God is very limited. This seed can only create apple trees and will never generate anything else. But the latent Power of God is boundless. It can create everything imaginable as well as unimaginable. Namely trees, birds, angels, demons, reptilians, books, computers, diseases, viruses, horses, nails, tables, Mac Book Pros, Aldo, Samsung, Nintendo, Yoplait Yogurt, Dr. Dre, war, Napoleon, pyramids, the Flower of Life, dolphins, nuclear bombs, ants, Ebola, Saturn, the smell of a fart, the color red, light, darkness, Star Wars, summer shorts, Dolce Gabanna, toxins, jealousy, a light bulb, a gnome, Santa Claus, mucus, the Bee Gees, Bob Marley, a pink wig, pancreatitis, Apollo, Mickey Mouse, Bart Simpson, the Matrix, the Bible, a vibrating dildo, condoms, contraceptive pills, heroin, Peter Pan, a price tag, an inflatable cushion, an amusement park, an ingrown nail, etc.

There is absolutely no limit to its creative potential! Everything that has existed, exists and will exist throughout the infinity of time and beyond, exists within Him.

His only challenge, which isn't really a challenge, is how to create Everything out of nothing, or rather from one single material that is by definition purely spiritual, meaning without a single speck of matter. How does God go about transforming Himself into an iPhone? This is the real question!

This infinite Power which holds within it all of the possibilities at the same time will have to divide itself, in order to be able to materialize and express its full potential. In fact, it's not really dividing itself, but rather it is expressing and putting into relation all of its different facets in a Divine dance that generates the Creation.

From the Nameless, which is essentially God in his Absolute and Latent form, emerges his first manifestation or expression, called the Word or Logos in the Christian tradition. This Power is the creative side of God, the part of Him that has created everything. God in action. But in reality, God exists beyond all Creation in his Latent and Inexplicable form.

"*In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind.*" *John 1 : 1-4*

The Word, also known as the Master Power, is the sap that animates the whole Creation. It is the Original Core Link or Central Chain of Creation, or if you prefer, the veritable Tree of Life, from which all life comes to existence.

Essentially, in order to be able to express its immeasurable potential, the Master Power had to create a super living machine, out of its own self, that we call Creation. This super machine's function is to extract from the Word of God, through the infinity of Time, all of its different facets.

Since the Word is limitless in its potential, it will have to fashion an infinitely living and complex Machine, capable of adapting and creating something new at every moment. As you know, there will never be two identical sunsets, or two same clouds, or two identical leaves in the world. Everything is always in motion and new! The Machine must therefore be able to innovate perpetually for eternity. Of course, the only company that is able to produce and conceive such a machine is God Inc.

However, for it to function perfectly, there will have to be laws to regulate the organization. Faithful employees will have to be hired, and there will have to be an administrative "hierarchy" that will ensure that everything works properly. The Creation is God's Great Company that manufactures absolutely Everything. And we are all "employees" in this huge company. We all have our unique role to play in this great cosmic story.

And just like in "real" life, some incarnated souls will be very satisfied with their positions, whereas others will want to go up the corporate ladder in order to access more power. They will learn how to gain approval from the administrators, through their actions, in order to obtain "higher" ranks. In fact, this is why since the beginning of time, countless men and women have practiced sacred ceremonies and austerities, in hopes of attracting the favours of the gods and goddesses, who are essentially the higher positioned executives of the Divine Enterprise.

In the infinity of Time, and as per design of the Creation, every Drop of the Ocean will have the opportunity to fill out each one of the existing positions. There is no favouritism in this Divine Company. In fact, this is the only way that we can experience the Infinite through Time.

In this process, some incarnated souls, more mature or ripe, will discover that they can relax exactly where they are and thus have access to the Whole, without even having to lift a single finger. They will realize that in the background of this Great Comedy, the Word vibrates continuously, and that He is the real engine behind the entire Creation. It is in Him that Life is found, so why stress trying to go up a fictive corporative ladder (unless it is our turn to experience this) when we can have access to the Power of Life from any position?

In the same way that the smallest cell of your big toe is in connection with the entire body, a soul can become conscious that it is in reality an infinitesimal part of the Whole, a singular cell of the great Cosmic body, or for all intent and purposes, a servant of the Master Power and His Creation. By relaxing and accepting to be exactly where it is and who it is, it can drink directly from the Source of Life, the Word, and eventually Experience the Nameless One, and rest in His consciousness for eternity.

A Character in a Great Movie!

In this material world, we, as soul, experience what it means to be free, and the freedom to make choices. To be individualistic, and the masters of our destiny. This is what makes Creation so amazing!

In the same way the characters of a movie are under the impression of choosing at every moment where they are going and what they are doing, we also have the impression that we can choose and are the masters of our lives. From another point of view however, we know very well that the main character of the movie doesn't really have a choice and that the next scene is already predetermined.

Similarly, various forces condition our actions and push us in a very precise direction. The only difference there is between a movie and reality is that here, in the real world, Life is always in motion and being created at every moment.

This being said, the future is absolutely unpredictable, while at the same time completely conceivable. Only God knows how the forces will combine together and in which way they will express themselves in matter. What is certain is that for every action, there exists an equal and opposite reaction that must come into expression,

sooner or later. Nobody can escape the universal law of Karma that regulates Creation.

Knowing this, some advanced mystics and yogis believe that, thanks to their efforts, they will be able to rise above their conditioned roles and become emancipated. By attracting the favour of certain powers, through their intensive practices and austerities, they believe that they will be able to free themselves from the Wheel of Life and thus no longer be subjected to the law of Karma.

They must however spend a lot of energy in order to go against the forces of Nature, and at the same time they don't realize that these powers or "gods" are also civil servants, although they may be "more highly placed," in the Great Company of God.

The central objective of Yoga is to free oneself from the Wheel of Life or the influence of Karma. Although there are many different masters in the world, a true spiritual Master or a Sant Satguru, sent by God Himself, that is, the Supreme Power beyond the Creation, in order to offer desirous souls the opportunity to withdraw themselves completely from this Great Game of Creation, is a rare pearl.

In our modern era, spiritual masters, gurus and other guides are abundant on the market of spirituality. Although their teachings can sometimes resemble one another, in reality, they all operate at different levels. Each represents a different power that's rooted within the Creation.

Some masters have literally mastered their "position" in the Company and enjoy many privileges. They teach their disciples how to access these same privileges, believing that this is the peak of Creation, not realizing that they are still "prisoners" and bound to their role.

Other masters are sent by the supreme governor of Creation in order to appease the suffering of the souls in the world. We call them "avatars." They are generally very generous, devoted and radiate compassion. In their presence, the masses cannot hold back and fall to their knees to receive their blessings.

The devotees of these avatars learn techniques that will allow them to pacify their suffering and to continue living, with a positive attitude, although in fact they continue to suffer. These masters offer hope to humanity, but they do not offer Salvation, or said differently, the way out of the Wheel of Life and Death.

In the iron age, there are many different levels of masters, each representing a force or power of Creation. In fact, in this Kali Yuga, all the different powers are essentially seeking to incarnate in the material world in order to experience being independent and materialize their Intention. To do so, they will need a body or a channel, as well as an "army" of followers, or a tribe, if you prefer. Perhaps now you will better understand the expression: "*We are all pawns in the hands of the gods*."

As a matter of fact, it is through their incarnation and expression in the material world that the machine of Creation is able to generate such a variety of "products." The combination and the dance between the different powers on the material plane also contributes to the diversity we see all around us. Just as we see artists doing collaboration with others to create new sounds, the powers create alliances amongst themselves in order to access more power.

Essentially, all the administrative powers of the Company of God are now incarnating in the physical world, with their respective team of course, and are choosing to play out the rest of the game of Life on this plane. We are preparing for the big Showdown.

The Gods and Demi-Gods

The human body holds within its fold all the powers of Creation. This is why it is considered as the true Temple of the Living God. Everything is literally inside of it. This is what makes it so unique.

When the body suffers from a lesion or a misalignment, some parts begin to suffer, and the energies become unbalanced.

You will notice that the people who reach excellence in any field all share the same mindset. They are obsessed. As if their life depended on it.

In reality, their life *does* depend on it, and this is exactly why they are able to attain such heights, which appear to ordinary people as impossible or inconceivable.

The propelling energy that these individuals display in order to attain their goals can be attributed to a force caused by a chronic inflammation of a specific area of their body. This superhuman inflammatory force, depending on its nature, corresponds to a particular divinity, god or demi-god. In fact, we can say that each part

of the body corresponds to a particular power in Creation. When that part is suffering, that divinity becomes inflamed, and balance is lost, which brings it to the forefront.

The gods and demi-gods are essentially personifications of the various forces of propulsion within Creation. When the body is perfectly aligned, we have access to the Power of Life, which is the very essence of the survival energy. However, when the body suffers and the problem-solving mechanism becomes active, a new world opens up to us. We now have access to a pantheon of gods and goddesses that wish to incarnate through us into the material world, in order to express their potential. Their true function is of course to preserve our life and release the pent-up tension and inflammation. However, from another point of view, which is just as valid, because we live in a multidimensional reality, they seek to take total control over our life and make our body their new home.

The more the lesion inside us grows, the more the god, goddess, demi-god or demi-goddess takes over, and the more this divinity is able to "serve us" and preserve our life.

All the ancient traditions had a pantheon of gods and goddesses. Each culture had its own gods that possessed different attributes and powers: from the gods of war to the gods of wine, all the human characteristics were found.

These gods all had their own personal history, from their birth, their loves, deceptions, aspirations, tendencies, and even fornications. They were also, most often, related in one way or another. What's more, incest was absolutely normal for them, which makes a lot of sense since we are talking about powers or energies that combine and recombine, in order to create others.

No matter the name that we wish to give these forces, they are real and palpable, and we experience them on a daily basis, to different degrees, through our body.

On a certain plane of existence, within Creation, these gods and goddesses really exist, and have a form of their own. Although we cannot, for the most part, reach these planes, we can still experience these divinities practically.

In a past era, the priests, priestesses and oracles had the duty to connect with these forces. They were often kept in altered states of

mind in order to access these mental planes, while others were learning to read the signs of life, so that they could draw divine messages from them.

In all cultures, we encounter stories about certain individuals who were in fact the incarnation of a god or demi-god. I am thinking of Achilles, for example, or Helen of Troy. Have you never wondered: how is it possible that a war that took place many thousand years ago is still so present in our thoughts today? How is it that the heroes and heroines of this war are still alive today, through our stories and even movies?

Today, although this may seem far away from our reality, nothing has really changed. We still have human beings that represent different powers and that are of course worshipped throughout the entire world.

Think of artists like Michael Jackson or Madonna. They have attained a superhuman status that no one can deny. During their sold-out concerts, it is impossible not to be baffled by the sight of the thousands of fans screaming and completely losing their minds. We are really in the presence of gods and demi-gods, it's obvious! Ordinary people could never attain such a level or status. It is superhuman. Their concerts are in reality elaborate ceremonies to glorify these powers and bring them down into our plane of existence. Michael and Madonna are only bodies that serve these powers.

And of course, as is the case with mythology, these gods and goddesses on Earth all know each other and interact together, while the rest of the world watches and envies them.

The power that takes over Beyonce, for example, that she herself calls Sasha Fierce, is caused by, as you can now better understand, a chronic inflammation of specific parts of her body and nervous system. Since the dis-ease is never treated, her body is literally being consumed by this lesion as well as by this goddess. This is why she must have a lifestyle that's extremely strict and regulated, with very specific habits, in order to calm this inflamed Force inside her and make sure she isn't swallowed by it completely.

Now, don't believe that this phenomenon is limited to artists only. On the contrary, all men and women that reach a certain level of success, no matter in what field, are dealing with such powers. Whether in spirituality, technology, science, arts, and so on.

In fact, we all experience in some way the same situation, but to a lesser degree.

So where does the soul fit into this story? The soul is taken hostage, as I've previously explained. It animates the whole show, but it is completely engulfed by all these tensions.

This is essentially the way in which the different powers incarnate in the material world and generate the multitude of "products" made by the great company of God Inc. All these forces continuously create. At every moment, they combine and recombine to create novelty.

Is There an End to All of This?

Yes, in the infinity of time of course, the game or story comes to a culminating point when the primal energy of survival, after having been repressed, ends up exploding like a nuclear bomb annihilating any and all forms of matter within Creation. This is what we call the dissolution.

But before getting to that point, maybe we can all co-create another, alternative future, a new form of dissolution, but that doesn't dissolve. God knows! But whatever will happen, it will be extraordinary.

Children of God

What makes us human beings so unique is that we are the children of God. We are the heirs of the entire Creation. We are the living representatives of God on Earth. When the body is aligned, and when we are in resonance with the Earth and the cosmos, and when the soul can become fully conscious of itself, we are no longer dealing with simple human beings, but rather with God himself incarnated.

Remember, everything is made from the Supreme Energy called God. However, what makes human beings so special, thanks to the body, is that they can become conscious of their true nature and therefore of their connection with the Whole as well as with the Master Power. No form of life can attain this consciousness, no matter how powerful it is. The Lion will always be a lion, Indra will always be Indra, Lucifer will be Lucifer, etc. However human beings can detach

themselves from their role in the story and come into conscious relationship with the Fundamental Energy that animates Life. Man can literally connect with the Word and "return" to his Original state, all the while continuing to function here on Earth.

To operate on Earth, in this reality, we need a body, as well as specific applications that allow us to function harmoniously within society. A soul, conscious of its real nature, can very well "play" the role of its character, without really forgetting who it really is. It is not because I am wearing a Halloween mask that I become the character in question. I can play the part, if I wish to, and it is my way of interacting with the other characters, but I can come back to myself at any given moment. What is even more trippy, is that when the body is aligned, the character that we play in the world essentially becomes the material expression of our soul's unique nature.

Each soul, although it is nothing but a drop amongst so many others in the Infinite Ocean, is absolutely and completely unique. This soul, or drop, is tinted with a unique colour or flavour and also holds within it the Infinite Creative Potential of the Ocean.

This individual drop will wish, just like the ocean, to be able to express the fullness of its potential throughout time. It will then go on a Journey allowing it to "learn" how to express its potential through all the different levels of vibration, all the way into the material world.

Realistically, we can never be anything other than ourselves. The only thing that can happen, because of the tensions we carry, is that our true colour isn't able to express itself directly and purely through the body and our personality in the world. When the tensions are removed, the potential can finally be expressed without restriction, and the soul finally witnesses its creative power in its true light. The body then becomes a reflection of the soul. The personality also becomes refined and is able to reflect the Light of the soul, without any refraction. Every action, word and thought then becomes aligned. There is no longer any division.

The fruits that will be generated by such a person will then be the reflection of his soul, through the organic self and body, in the material world, here and now, in the service of Creation.

To summarize, the human body is therefore a receptive pole that has the capacity, when properly tuned, to channel the Master Power

or the Infinite Creative Power of God, and to transform its potential into concrete action in the material world. Through the human body, we can essentially experience the Infinite, and all of the facets of its expression, from the purest and subtlest of energies to the grossest and densest.

What Is the Purpose of All This Creation?

The purpose of Creation is to allow the One to express and manifest His infinite creative potential. To allow every individual soul to have a complete experience of itself, as well as of the Infinite Power called God.

What Is the Purpose of Life?

To know who we are as soul, to become true human beings, and to serve Creation, or in other words, to become conscious co-workers of the Divine Plan.

CONCLUSION

We live in a multi-dimensional reality.

There are infinite possibilities happening all at once. Each one of these possibilities holds true, from a point of view. This is what makes reality so amazing, and at the same time so confusing. Everything is possible.

What makes the human body special is the capacity of the nervous system, when healthy, to receive all this information and integrate it into One.

When we look around, we see so many different paths available, each one leading to a certain "heaven," so to speak. A promised land, where we hope to find peace and happiness. Each one of these paths connects us to a specific vibrational reality, which then transforms us in order to achieve this "paradise."

The courageous souls who dare to follow a path – any path – to its end, must completely devote themselves and surrender to it. By doing so, they will without a doubt acquire certain levels of Power, Knowledge, Magnetism, as well as a sense of peace that will mesmerize the common man or woman.

But here is the catch. They had to choose one possibility, one angle or facet of the Infinite Divine Diamond. They had to select one aspect of who they are, over the others. And this is the paradox! If the human body is designed to host the infinite potential of God, including God Himself, then why should man have to compromise any aspect of himself when he can be everything and nothing, all at the same time; when he can experience consciously all the different planes of Creation and their inter-connection, all at once; when he can experience the Unmanifest manifested, directly through his body and can even withdraw completely from the Show and repose in the lap of Father God?

But as impressive as this might seem, the real question to ask is: how can man hope to find peace while living on this Earth plane if

he is not at peace with his own humanity, as is the case today, in the 21st century? How can he hope to find peace when he has not yet experienced his own true human potential, and tasted the full splendour of the entire Creation of God, as well as the Creator himself?

What is important to remember at this point is that this apparent "limitation" has a reason, and is part of the great Will, as we have discussed throughout the book. At a concrete level, it is because the nervous system, due to the primary lesion, no longer has the natural resilience to withstand so much Knowledge and Information all at once. In fact, it is due to this phenomenon that diversity came to be in this world.

As Time "advances," new possibilities emerge that were not available a few years, centuries, millennia, or even ages ago. Just as it is impossible to grow wild roses in the Canadian winter, every possibility has its season. God is always new, expressing his infinite greatness in unimaginable ways.

We are now entering a new field of possibilities. We can see this at a technological and social level, as the world seeks new solutions to its problems and a better organization of its resources. This new field also expresses itself in the realm of spirituality, where we are not only witnessing the resurgence of old sacred teachings, but also the birth of new ones. Indeed, it is a time of great change!

The Living Medicine

The human body, in the image of Nature, perfectly designed and intelligent, has the ability to self-regulate. When the nervous system is healthy, it is able to ANCHOR all the different vibratory energies of possibilities in matter and is thus able to be connected to the Whole.

By allowing the nervous system to heal truly and deeply, not only does it give us the opportunity to actually discover who we are as human beings, but also, it unlocks the true potential of the human body, and thus allows us to consciously serve the One in His Supreme Plan. In other words, to become conscious co-workers of the Divine Plan.

This process cannot be controlled from the outside by our personal efforts or man-made techniques that seek to manipulate the nervous system. It can only be accomplished through the act of surrender. The moment there is a will to control, this generates a certain level of tension that maintains the disconnection.

It is only when reconnecting the body to the Earth, via the bone structure, that the nervous system is truly able to release and reconnect to Nature and address the deeply encrypted tensions as well as the Primary Lesion once and for all. This is when the self-healing mechanism of the body actually kicks in.

This internal re-alignment allows in due time, for the Soul, Spirit, organic self and artificial personality all to come under the same banner and serve the One Most High, in full consciousness. Or said differently, the spiritual and material planes of existence, the vertical and horizontal planes, begin to work in concert to achieve the next level of the human experience, in service of the Creation.

By reconnecting with the Living Medicine of the body, it teaches you how to live in the world and bring in alignment the different parts of your personality, with your natural self, as well as who you are as Soul. It teaches you how to fully live and engage in a materialistic world, while still remaining faithful to your spiritual Self. It teaches you how the Game of Life functions and shows you how to live accordingly.

FINAL WORDS

So here we are, at the end of our journey.

I would like to thank you for your trust and effort. As in any transformative journey, we must go through highs and lows in order to reach our destination. What we get in return however is priceless.

Before I sign out, I would like to summarize the book in a few words. First of all, Life, God, and the human body are perfect. They are not like we imagine them to be, yet they remain perfect at all times, if we but dare to see.

Second, Yoga, healing, and spirituality can never be put into words. To do so is nothing more than a play, an impossible challenge an author gives himself for the pure pleasure of it. In other words, all that has been said has absolutely no real value per se. They are just words, ideas, and thoughts that may resonate with you, validate your intuition and point you in a certain direction. The true purpose of my book was to inspire you to journey within and find the answers for yourself. Until you do so, you will never really be a knower; you will just be a believer.

Through these pages, I have laid down the ground rules of the spiritual path, and its basic principles and philosophy. You have been given a kind of a map. The next step belongs to you.

The End

There's A Moon Inside My Body

by Kabir

THE moon shines in my body,
but my blind eyes cannot see it:
The moon is within me, and so is the sun.
The unstruck drum of Eternity is sounded within me;
but my deaf ears cannot hear it.

So long as man clamours for the I and the Mine,
his works are as naught:
When all love of the I and the Mine is dead,
then the work of the Lord is done.
For work has no other aim than the getting of knowledge:
When that comes, then work is put away.

The flower blooms for the fruit:
when the fruit comes, the flower withers.
The musk is in the deer,
but it seeks it not within itself:
it wanders in quest of grass.

Biography

WHO AM I?

I am you. Nothing more. Nothing less. I may have had different experiences, but at the heart of it all is a human being, trying to make sense of his human experience.

Just like you, I tried with all my might to fit in, to make things work, to succeed, to be recognized and appreciated. Like you, I sacrificed everything, including my own soul to be loved, and accepted. It worked, sort of, but the unbearable pain that came with it was just too much to bear. So, like you, I rebelled. I did the opposite. I became an outcast. I was angry, upset, bitter, depressed, suicidal, aloof, and it was all "their" fault. "*I will show them*!" After a while, I got tired of all of this heat and drama, no matter how intoxicating it was. It just didn't work and exhausted me more than anything! So I went spiritual. "*Fuck it! I'm out of here.*" Just like you, I gave it my all. Adhered to the commandments and codes of conduct. Tried to be a holy person, live a holy life, always remembering God, staying pure and all... I almost succeeded, except for this one little thing I couldn't get over... SEX. So I fell. But I got back up again and promised to make a greater effort. This world is but an illusion after all. I fell again and tried harder, this time with new techniques and a renewed zeal. I fell again. And this went on for a very long time... Yes, I did attain a certain form of knowledge, as well as spiritual heavens. But I couldn't hide the deeper truth living inside of me: "*I want to LIVE*!" But this meant going back to hell... to this world of change, uncertainty, inequality, of war, manipulation, hypocrisy, lies, deceit, disease, corruption, chaos, all masked up with a big joker smile. This meant I had to face myself, my humanity, my mortality and most terrifyingly, my sexuality. "*How could I make it? It's impossible, or at least it seems. The world is crazy, it will swallow me whole, grind me and spit me out in a blink of an eye. Yet, I want to know Reality*!"

My heart was made up. I couldn't continue lying to myself. I was no angel. Certainly no devil either. I was a human being. And I wanted to know what Life was really about. Deep inside of me, for some reason,

I knew there was a way to bring all the pieces together. To make peace with Life, in its entirety. To make peace with myself, completely. I am not speaking of accepting certain things and closing my eyes to others. Or, trying to remove aspects while emphasizing others. I'm talking about experiencing Life in its full spectrum of polarity and discovering the golden thread that ties it all together coherently and sublimely.

Practically speaking, I spent the first 20 years of my life in a middle class suburban jail. At the age of almost 21, I left my parents' house for the first time and unbeknownst to me, was set on a Path that was going to take me on a journey I couldn't have imagined in my wildest dreams or fantasies. Truth is indeed stranger than fiction, and the rabbit hole only gets deeper and more awesome with each step you take, if you can muster the intensity.

I then spent the next 20 years studying on a full time basis everything and nothing, connecting dots, and making sense of Life and the world we live in. But mostly, I trained internally, undoing or healing the first 21 years of my life which had profoundly damaged me, while at the same time rebuilding my Body/Mind in order to start living *my* life.

Through this long and arduous process where patience was of the essence, I amassed numerous diplomas, travelled extensively, met great saints, sages, master teachers, business gurus, assholes, street hustlers, and even killers. To my great surprise, many holy men and women were in reality hustlers in disguise, while so-called bums were actually filled with wisdom and sincerity. Go figure! One thing I learned is that nothing is as it seems in this world. I mean *nothing*. The sooner you get this, the better.

I also worked as a therapist, healer, teacher, keynote speaker, opened various businesses and schools, served thousands of clients and students, offered advanced mentorships and trainings, wrote a book, hundreds of articles, and mostly experimented with Truth.

School & Studies

Considered by many as a "black belt" in the field of Living Spirituality, I must, as all true martial artists would attest, remind the reader that

the training only truly begins once you reach that coveted stage. The first 15-20 years, you are still a beginner. I feel I am only at the start of my training, and I hope to have the opportunity to share with you my story as it unfolds.

Through the process of learning and time spent figuring things out for myself, I did gain an expertise that is referred to in some circles with the title: medicine man. Other groups could name it differently, but it always refers to the one in the community who is designed to help people reclaim their natural divine alignment, from the ground up and lead them in the proper direction. Unfortunately, nowadays, words such as guru, medicine man, shaman, swami, priest, doctor, yoga, tantra, etc., have been appropriated by organized groups and/or social stigmas, forcing people who have been genuinely ordained to fulfil such a function to the side with no words to truly classify their work. Word-hacking or miss spell-ing creates confusion in people's minds and begins to control the actual function the word was supposed to represent. I will get into this in more depth on the NAMELESS LION platform as this can be quite a lengthy conversation.

Some of you may now be wondering what my "official credentials" are, and although I place very little importance on them and do not specifically work in any of these fields, I will name a few just to give you a sense of my personal background. School has indeed been a very big part of my life thus far.

To begin, I hold a degree in osteopathy, or D.O. (I am not a medical doctor). I am a doctor in classical naturopathy, or N.D., a certified massage therapist, and I am currently completing a doctorate degree in Ayurveda, or A.D. Over the years, I have completed three yoga teacher trainings, and accumulated, more than 12,000 hours of study (ballpark figure) in ongoing certified education, mostly in the healing arts, on top of having spent approximately 7 years in university studying and exploring various fields such as engineering and psychology, and aside from all my personal studies, which I will not begin to enumerate. Needless to say, I have spent a lot of time in school and studying. It's what I do.

Education & Self-Realization

I have always sought genuine teachers. These rare individuals who are living embodiments of the knowledge they serve and whose very presence enlightens you! Regrettably, there are too few of these people on Earth, and if you are fortunate enough to meet one on your path, consider it a very great blessing. They are lovers of their respective game, and simply observing them, even at a distance, teaches you how to become a better devotee and student of the craft. In their presence, your perspective grows and evolves. It awakens in you the desire to seek a higher form of excellence and push past your limitations, no matter how hard it may seem. They represent the impossible made possible.

Real knowledge cannot be taught, it can only be caught by someone who is infected by the Love of the Quest. True education is the capacity to awaken the light of knowledge within the student. A teacher's true function is to help his/her pupils re-member (themselves), and to help remove the obstacles in the way of their inherent knowing. It is to awaken the Love for mastery and self-improvement. To help them transcend all limited techniques and access the source of divine knowing within. Neither Google, nor any silly application will ever be able to compare or replace such a form of education, no matter how advanced the A.I. Only another human being can awaken the love of the Divine in another, and that bond is sacred and can never be artificially created.

The only knowledge that truly matters is the one acquired within and that is self-realized. All else is just borrowed knowledge and doesn't hold any true power or medicine. In other words, techniques, which most trade schools and universities specialize in, may offer surface result, and in some cases, palliate dis-ease, but they will certainly never lead a person to themselves, nor to the Divine, which is the purpose of Life and should always be the end goal of all Work, for as the saying goes: Work is prayer. If it doesn't lead to the self, then what is the point? Paying the bills? That's as good as being dead.

You can perhaps better understand why when it comes to the field of Living Spirituality, which can also be called Yoga, not to be confused with Hinduism or any other ism, nor any religion, but simply

the Science of Self, a genuine teacher, derived from the latin word docere or doctor, is of even greater importance for the subject at hand is *Consciousness itself*, which can only be cultivated in the laboratory of the human body. A teacher can only lead you as far as he or she has personally reached. In other words, techniques, which represent the external mimicking of knowledge cannot help you here, unless of course your objective is to remain at the front gates of the party. You can also understand why a lineage is of capital importance for it creates a bridge between generations and makes sure that there is an unbroken chain from grand masters, to masters, to fellows of the craft and the various levels of apprentices, making sure everyone is advancing at their own rhythm, and no one is left behind.

As the poet Rumi so eloquently puts it, our objective is not to find Love, or knowledge or consciousness, but rather remove the obstacles in the way of accessing these essential qualities of the Soul. The veritable function of a teacher, medicine man, guru, or whatever word you prefer to use, is to orchestrate and catalyse this release, while always respecting the laws of Nature. The methods used may vary, but the goal is the same: unveiling the Truth, for those who seek it.

In conclusion, if you wish to truly empower others, it is with the Love you have for the Divine. Whatever form of the Divine you choose to worship, whether it is basketball, sitar, or Ayurveda, if you immerse yourself completely in that Love and seek out its very essence, you will not only find yourself, but also find God. The function of a genuine teacher is to help you awaken, kindle and grow this Love within your own self, and help you access the very sap of the Tree of Life.

If this is what you seek, no matter what your field of interest is, I can certainly help. This is what I specialize in, if you are up for the challenge, of course.

Most Sincerely,

Nameless Lion
April 2020

MY OFFERING

For those who want more than what is contained in this book, please visit the online platform namelesslion.com. The purpose of this website is to share with you, via videos and written texts, my insights.

My job is to speak out loud, in the common urban parlance of our times, what you already deeply know but have "forgotten," or don't dare admit to yourself. I represent the voice of reason and common sense, spoken from Ground Zero, live and direct from planet Earth. I come in peace and have no qualms with any groups or organization. I do not represent any school of thought or belief system. I am here to help the maladjusted, those who cannot seem to fit in in any group and are genuinely searching for practical answers. Those looking for another way, who feel ready to reclaim their power and learn how to take responsibility for their selves and their lives.

The Light of Consciousness is the sole medicine that can truly and honorably open doors. And that is what I am here to share. Something which will create movement inside of you.

Some of the things I will share will resonate greatly. Others will make you question yourselves. Still others will challenge you profoundly and push you to deepen your understanding of Life and everything in between, while others will make no sense at this stage. No matter what happens, the words are just a container for the Living Medicine. Allow yourself to be moved, and trust that in the end, a deeper truth will rise. I am not speaking of your superficial reactions. I am speaking of something much more profound, in the silence of your being.

In the end, my teachings, whether I am speaking about fashion or the deepest esoteric secrets, are always grounded in my personal experiences and my undying quest for Truth and seek to empower and show you how to become, once again, a true human being and reclaim your respectful place in the Creation of the Lord.

Tell Me Brother

by Kabir

TELL me, Brother,
how can I renounce Maya?

When I gave up the tying of ribbons,
still I tied my garment about me:
When I gave up tying my garment,
still I covered my body in its folds.

So, when I give up passion,
I see that anger remains;
And when I renounce anger,
greed is with me still;
And when greed is vanquished,
pride and vainglory remain;

When the mind is detached and casts Maya away,
still it clings to the letter.

Kabîr says,
"Listen to me, dear Sadhu!
the true path is rarely found."

NAMELESS LION
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ONCE UPON A TIME I

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