

Friday April 14th 2017 - written aiming to clarify and synthesize the may 2012 article

Three key objective elements (by objective I mean describable in a scientific positivist manner as I am going to do) which triggered my being's journey all the way down to the depths of the abysses of madness only to shred it apart all the way up to the perfect emergence which it is more or less living slowly... :

- The intellectual then introverted reflexion pushed to its paroxysm which leads to the piercing through of the pineal gland by the void or pure consciousness, which corresponds in philosophic-mystical terms to the tearing apart of the veil of mental illusion (and in alchemical terms to the realization of the "golden grain"), and the ability which follows immediately from it to sense my nervous system.\*

- The rise of the kundalini triggered a couple of weeks later by smoking a cannabis joint, rising made possible because the above step had shaken these latent biological forces from their deep sleep, and the cannabis has completed to excite them enough (and actually far beyond...) to wake them up. The rising of the kundalini corresponds to the profoundly shattering experience of the samadhi, or in western terms, the conscious experience of the absence of separation between oneself and the Universe or the whole, the identification to it. In alchemical terms this is the "dragon's bite." This experience in turn triggers quite a specific event :

- Finally, the following night after the samadhi, the death of the ego, which couldn't bear this venturing of the waking consciousness out of its usual limits. The morning upon waking up the ego (\*\* - actually the "golden grain") went through and pierced through the night of the subconscious is "reborn" and could theoretically be purified from all the subconscious residues to give birth to a pure and free consciousness, but in practice the awareness traumatized by the gaping chasm (or the "sentiment of the desert") of freedom immediately calls back to itself all the residues which it had detached from during the night...

\* Whether you call it nervous system, [cenesthetic hallucination,] chi, spirit, chakras, love, energy: I know and feel it through my body. No need to define, but it is no less of a weight...

\*\* The Ego - Things are rarely clear when we talk about the "ego".

- In the western meaning which finds its origin in philosophy and got popular thanks to psychology, it is the "I" or "me" : the reflexive image that a thinking subject has of himself, which we can deem "superimposed" to reality ; that is to say, to that which the subject actually is for the psychologists, or to the reality of the Creator for the philosophers, as opposed to that of the creature. This subjective image, if not entirely wrong, is thus at least imperfect, misleading or illusory.

- This leads us to the second meaning, evoked by the injunction to "fight against" the ego or to keep it at bay, meaning which is not without evoking that traditionally attributed by the East. With the degree to which it has carried its exploration of "pure consciousness," by far superior to ours, we can say that sometimes the ego is attributed simply to the kernel of waking consciousness as opposed to the subconscious (and the supra-conscious). In that case it is in no way undesirable or harmful but rather simply obscured by karma or the veils of incarnation on which this pejorative sense will fall back.

- Which finally leads us to a third sense enlightened by traditional gnosis which reconciles and completes the first two : when we talk about removing the ego, it is question not of abolishing the waking consciousness or the sentiment of being a subject, but the passionate nucleus to which the latter are bound, and which has initially been necessary, as a source of frictions, to their emergence...

More recently : I realized that the "piercing" corresponds in my experience to 'satori.' The first time I experienced this was in 2009-2010 while meditating (in a lying posture), that which is coherent with John Greenhalgh's vision that the Kundalini has to be brought down from the "sky" through the Sahasrara chakra before being potentially "awakened." The second time marks the beginning of the psycho-spiritual episodes.

Satori is a Japanese word from Zen Buddhist tradition and is defined as « the direct experience of one's own true nature or awakened nature », emphasizing the sudden, fleeting and uncatchable nature of this experience. In Zen (Japanese) or Chan (chinese) Buddhism transmission is helped notably by the kōan which trigger it.