

LINKING WITH THE SOURCE

How does one develop accurate perception?
What is authentic, imaginary, or projected?



Perception and Authenticity

Rational understanding and determination are not adequate to reach higher consciousness. Consciousness demands a continual process of adapting and integrating information and insight into daily life, living a truth so thoroughly that it becomes a part of us. It also requires a certain “letting go” and a connection to the insights provided by the nonlinear mind. Then we truly know because we *experience* it with full sensibility, and that manifests in how and what we perceive.

A person needs to generate the frequency needed for attunement, linking inner disposition with the climate of the universe. This implies the correct use of all our faculties and a balanced approach to life that deals effectively with light and dark in every aspect of our existence. Bear in mind that in the universe, just as in the human being, chaos and order exist side by side with light as a common denominator. Great cosmic movements take place constantly both within and without us.



We are facilitators and instruments of intelligence. Spiritual growth of the kind that changes society and affects evolution on all levels implies a global development of consciousness and a process of application. Deep changes cannot occur without a critical number of human beings attaining a level of frequency that can coherently sustain higher frequencies of revelation.

The forces encountered in the world are a prelude to the energies of the universe. If someone is afraid of or opposes strong energies that appear negative or violent, how could they sustain “intense” bliss?



Daily life is defined by the dense, slow frequency of matter. Any great or radical shift elicits fear, discomfort, anger, and anxiety for most people. Then, instead of providing heat, the fire only burns; instead of love, there will be fear and subjugation; instead of knowing, there is confusion, irritation, and even insanity. Finally, instead of active, independent, creative helpers, individuals become weak, dependent on those who claim to “know”.

Imagine the power and forces of outer space. Then, imagine yourself floating out there without a protective suit and proper training! Inwardly, the same kind of pressure occurs in meditation. Our structure and identity would splinter and shatter without the construction of real character and the refinement and stability needed for spiritual activity. Resistance needs to be built up physically and mentally so that we can incorporate, sustain, and translate all aspects of the Self.



Alignment with the Source

The Alchemical Alignment bridges two perspectives of Consciousness: the ordinary self and the Source point we call the Presence. The alignment represents a ladder of frequencies extending from ordinary physical awareness into high frequencies of light. It is easy to grasp the concept yet difficult to apply.

The body, mind, and feelings that we use in our ordinary world are made available to powerful frequencies of Intelligence. At first, the Source is perceived as “out” or “up there” somewhere. Imagination works fulltime. We produce excitement equal to our expectations and imagine receiving insights, revelations, and blessings. In time, we may discover that “up there” is really within.

Our Alignment is merely a map that outlines a route—one that begins with an accelerated reach into spirit light and ends with a decelerated return to physical stability. In life, we are obligated to respond, heighten, neutralise, or tone down our energies. In spiritual work, we are required to accelerate the vibratory rhythms of our bodies to access truth and subsequently decelerate to decode it as we bring it back. Consciousness training consists in modulating the rhythms in which our bodies, feelings, and minds vibrate so that we may manage force appropriately.

A connection with Source involves a parallel process of unfoldment, discernment, discrimination, and filtering out of the superfluous and the apparent—the wishful thinking and the self-indulgent from core truth. It involves developing and sharpening our sensibilities as we expand awareness and develop understanding.

Although Source is One, each of us perceives it differently. This is a riddle that can only be understood when it is experienced at the highest levels of Consciousness. Each of us is unique but also indelibly linked to all and everything.

There are as many different levels and versions of reality as there are languages in the world. *The highest level of energy frequencies we can handle with integrity defines the greatest reality that we are able to experience.* Volumes and intensities that are not tolerated and integrated by our bodies, minds, and feelings block access to other ranges of possibilities. Our systems must be modulated and altered voluntarily and consciously. This applies to dimensional intelligence and ultimately to contact with Source. What differentiates one kind of reality from another is the meaning that we lend it when we decode the experience. Light perceived by a group of people transmits a different message to each one. Reality varies according to one's level of understanding, capacity, and need. The indiscriminate fusing and blending we do with one another through our loves, hatreds, attractions, and rejections does not help us identify our own unique qualities and authenticity. We have come to depend on others and their energy to define us.



Establishing a baseline is fundamental. This requires that we know how we function and respond well enough to distinguish when we contact other sources. Then, we can read and evaluate our energies, diagnose ourselves and our conditions, and apply our genuine potential in the unique ways we are capable of.

At this point, we must know what we want. What level of reality are we addressing? What is it for? What is the purpose of the connection? Is it personal? Is it service? This gives direction to our energies and colours the scope of probabilities. Beyond the initial exploratory stages of linkage and harmonization, contact with Source is determined by our level of consciousness and by intent. At first, it is merely exploratory, and much healing and balancing takes place. Then, it acquires more context, such as to clarify an issue, to seek orientation, or to procure understanding of a situation. Later, it may become a desire to help others; this demands a willingness to discover other perspectives than our own and perceive beyond the veils of illusion that cover daily life.



Preliminary Steps and Kinds of Connection

What happens?

How am I affected?



I. Observation and Sensitivity

Learn to observe, identify, and administer your energies in daily life. Our school teaches you to distinguish physical energies from emotional and mental frequencies and to identify, alter, and neutralise them.

Through the direct experience of each type of energy, we become proficient in modulating energies, allowing us to introduce more constructive forms of expression. We learn to manage and balance thoughts without repressing, condemning, or blocking the natural flow of life through us. We learn how to re-channel and requalify it.

This now allows for discrimination and selectivity. We identify the energetic framework of conditions to understand how they affect us. *This is where the journey begins: when we choose and modulate deliberately rather than instinctively ward off negativity or recur to automatic offensive-defensive manoeuvres.* Self-growth is the natural consequence of sensibility and observation; this is where our refined thought, feeling, and sensation work through our body network to alter the effects we produce in our surrounding world.

II. Inner Dialogue, Priorities, Mobilization

Take observation and sensibility a step further. The first stage reveals affinities and dissonances, and this, in turn, awakens an appetite for greater contact with beauty and truth. Meditation and prayer answer this growing need.

At first, perception is linked to practices, but gradually we may notice that an altered state is not necessarily linked to technique. Exploration may spontaneously extend into other areas of daily life.



With the practice of the Alchemical Alignment, we begin to dialogue with the Presence. Prayer deepens and meditation often becomes a way of life that embraces both immediate need and external obligations. Time is set aside and all other activity suspended for periods of communion where one can focus appropriately. Many people remain here, alternating between the inner and the outer world activities.

This stage defines the “we-Thou” relationship. One part is “That” which grants us peace, insight, relief, and joy. “I” am here and “That” is there. There is a clear connection but also a distance, a reverence, and a certain “fear of the Lord”. Eventually, we may realize that we are producing the connection. “God” is with and within but still separate. Self-help techniques and do-it-yourself methods based on this type of connection are designed to improve oneself and one’s circumstances in life. Sometimes, the “Thou” disappears and what remains is a mighty, powerful “I” who can “do” just about anything. This gives considerable room for thought and adds more fuel to the fire of the personal ego, allowing it to flourish.

III. Discernment, Aspiration, and Responsibility

If development from the second stage does not follow the self-indulgent, intellectual power-trip of the ego into merely imagined emancipation but instead retains the sense of wonder and spiritual awe of the connection with the “Thou”, something different happens. A sense of the sacred arises. The relationship develops into a holy bond. The practice of the Alchemical Alignment allows for intimacy of this sort. By receiving energetic or even an insightful response, the dialogue between personality and Source will become very nourishing.

Because of the inner, highly sensitive and intimate nature of this contact, it is the first time that a genuine connection to Source is made beyond the intellect. It is perceived as something transcendent yet very closely linked with our humanity. For the first time, Source has a human voice. It is compassionate and understanding. We feel blessed. This is the point where we truly enter the spiritual path. When the faculties of sensitivity embrace both intelligence and feeling, the journey towards Self-realization begins, being marked by a strong longing for completion with that “other” aspect of Self.

Some people lose themselves in the mystic connection and do not go into the terrain of the esoteric or the occult. They remain contemplative. However, those whose emotional nature or mystical leaning is awakened but who preserve a strong sense of the rational can now enter the path of the Seeker of Truth.

It is not easy to accept oneness with the divine; it is even more difficult to directly apply the revelation to our lives. A sense of duality persists. Rather than absolute freedom, as espoused by spiritual anarchists, the understanding that we are fully responsible for ourselves and for the world dawns on us, and it is staggering.

Doubts set in from all sides. Our entire world could fall apart.



Contact with Source is both intelligent and reasonable, and it triggers creativity and ideas. We draw lines and set up conditions. We may pursue higher learning or recur to sacred texts and rituals. Alternatively, we may join groups.

IV. Sublimation, Communion, and Ethics

If doubt is counterbalanced by the activation of higher feeling, the dialogue is no longer merely theoretical. It becomes highly emotional and disconcerting to the intellect. By now, the person has developed the ability to experience from the perspective of the personality as well as to perceive from the perspective of Source and can switch from one range of frequencies to another at will. Identity is fluid, and contact is fairly stable.

A sense of Presence above and within blends with a feeling-sense of Self. The former reveals the latter. A neutral perception of ordinary problems and situations from a higher understanding prevails most of the time, as does the ability to sublimate and transmute. The interaction between these two aspects of Self allows for the modulation of energies and the refinement of substance. An understanding of the dynamics of energy is established, ranging from the highest to the densest—from godliness as Presence through the frequencies of the soul and ending in the body and personality. Personality can now access and communicate with Presence.

The genuine seeker who pursues this path with special care and consciousness and refuses to surrender to persuasions, enticements, pride, or self-satisfaction will penetrate through the charisma of the Self in authentic communion. It is identical to what happened earlier, except now *the individual knows through personal experience that godliness is not only within but is the very nature of Self.*

It is still difficult to fully accept our Nature, knowing all the contradictions that define the human plane and act within us. This is the moment when ethics and integrity are sharpened. The seeker sincerely calls for clarity and direction. Involvement in the world has led to a greater degree of harmlessness and integrity.

How will we know truth from human creation?





The Process

Will other means work just as well?

How do I distinguish the different levels of perception?

How do we know that we are connecting to dimensions of higher mind and knowledge?

The frequencies that we experience daily reveal the range of energies that are within our grasp. As we make room for alternatives and expand our awareness, we can sustain greater voltages coherently. We go from one end of the alignment spectrum to the other—from personality to Presence and back again, perusing the entire scale.

Having made the preliminary preparations and taken the necessary precautions, we address the Presence within the Alchemical Alignment. We do not just stop to delight at the juncture of the heart but now deliberately reach higher Consciousness by activating the Points of Light, which are invisible nuclei of cosmic light at the centre of every atomic particle.

When the physical, emotional, and mental energies of the personality are relaxed and under control, attention shifts from ordinary to subtle and inner senses. Upon reaching maximum intensity, first impressions are usually of light, joy, and expansion. A clear difference is sensed between physical body weight and density. One also notes the finer resonance and extension of light that spread from the Points of Light that now constitute the body for Consciousness.

The Experience

Awareness is spatial. There is nowhere to “go”. We are *here*. We have always been here. We will always be here.

In this connection, the body is intensely alive and pulsing—vital and present. The entire range of feeling and sensations is open to us, yet (in juxtaposition to our ordinary attention) we feel distant from it all. There is a sense of pervading and neutral expansiveness, as if one is amidst an ocean of emotions but untouched by them. We ride the intensity within which they express themselves.

The two states, the personality and the Presence, exist simultaneously in two different planes, being perceived in one moment of time.

The mind is blindingly clear. I say “blindingly” because the mind does not function as linear thinking now; instead, we “see-think-feel”. Thinking is a function of seeing and sensing. Sometimes, a symbol appears. Sometimes, a sensation of knowing without context or content arises. Nonetheless, there is a focus: our identity as Self.



The Return

Thoughts appear only when we initiate the return journey and decelerate the vibrational frequency to decode the information. We decelerate by “remembering” or re-tuning into the body sensation as weight and density. Attention directs the course of the journey as well as the quality of the experience.

This is the moment to reconnect with the body and deepen the breathing that was very fine whilst in full connection. At that level, breathing was long and spherical, having been linked to frequencies of light. We now breathe deeply into the belly and into the heart of matter.

Not-knowing is the key; it allows us to be imbibed by the energy field where the elements for response lie. Intelligence at these levels is beyond concept; it is formless—a “state” of being. The meaning comes eventually.

Personality and Self are the same Consciousness at different levels.

There is a definite lack of compulsion, urgency, recrimination, or judgment. All is serene and fluid. Habitual thoughts, feelings, and sensations are suspended while being enfolded by a tremendously heightened complex of our multiple expanded faculties. This may last for a shorter or a longer period.

Doubt and fear are anathema to the process of decoding. It unfolds only in an atmosphere of trust and faith—the experience of a wide, intense, diffuse arena that enfolds the seeds of possibility.

Decoding

Questioning and uncertainty arise only when we come back home and are again susceptible to the doubts and fears of the personality. This is where the work done in previous levels of preparation pays off, and distortions of the personality are averted. We know the name of our game and the investments we hold. Hence, we see right through them.

The information or the memory of the experience becomes painful for the personality, being experienced as sadness or a sense of loss and within the grasp of personal affliction. This can happen when one feels obligated to make difficult decisions, is moved to take radical steps, or when it concerns another person. We feel the pain of attachment and identification clearly, and we know how others feel. We sense it because we experience it ourselves.



When we see from the perspective of the Presence or any higher dimensional position, we simply know and feel. We are not given options. We cannot alter the conditions.

All we see are possibilities and what has already been set into motion. No seer worth his or her salt can ever predict with certainty. We can only observe and understand the meaning of “consequences”.

Perhaps that is why so few people really wish to know. Connecting to Source is serious business. Far from providing us with escape or blissful routes of self-involvement, it confronts us with truths that are often hard to bear.

