

## **The evolutionary process**

Those whose only desire is self-realization are « on the way » to greater intelligence, awareness, authenticity and love. I call this the evolutionary process. But beware, let us not be fooled by words.

It is not a question of "developing", of becoming someone or of striving towards an ideal of perfection, but of exposing and undoing the ignorance of ourselves, that which prevents us from realizing, being and embodying the intelligence, consciousness, authenticity and love that we are.

The approach is not about construction, ambition, a goal to reach or a future, but more about detachment, letting go and a fair discrimination between what we believe we are and what we really are.

It is not an "expansion of consciousness" but a reduction of our ignorance. In this perspective, we add nothing, we remove, dismantle, dismember and empty. We get rid of the conditioning, prejudices, attachments and identifications that bind us to the human condition. We free ourselves from the past to realize the Life that we are.

Man's natural state has nothing to do with ecstasy or bliss. It has nothing in common with altered states of consciousness induced by the mind, drugs, trance or religious practices.

These experiences come and go, they do not last, the natural state is immediate, irreversible and eternal. Even if no man has managed to describe the nature of his essence, we can nevertheless evoke and specify the elements that stand in the way of this realization. This is what I am working on, through seminars and training.

It is not enough to have read or heard that the person is an illusion because, for us, at this very moment, he appears to be terribly real and substantial !

Until proven otherwise, he is who we are and we must finally discover that this is not the case by approaching the question in a practical way and testing every "truth" in our lived experience.

SEEING our false identity in its many faces, through observation and intelligent discrimination, is an essential step in the great process of detachment inherent in the "return" to being.

There is no pedagogy of Awakening. However, there is an approach to detach ourselves from that which separates us from the revelation of our essential being. I support and encourage you to consciously and gradually descend into the consciousness of being, within, by confronting all the elements that present themselves on the way.

« When the Buddha was asked about the path of practice, he explained that the spiritual life develops in four ways.

The first is quick and pleasant. In this way, openness and letting go occur naturally, like an easy birth, in joy and rapture.

The second way is fast but painful. We may have to face a strong near-death experience, an accident or the unbearable loss of a loved one. This path goes through a fiery door that teaches us to let go.

The third form of spiritual progress is enjoyable and gradual. On this path, the opening and letting go takes place over a period of several years, most often with gentleness and contentment.

The fourth situation is the most common: evolution is, again, slow and gradual, but it takes place mainly in suffering. Difficulties and struggles are recurring themes; it is through them that little by little we learn to awaken".

(Reference: Jack Kornfield "After the ecstasy, the washing" p. 158)

According to each person's development, an awakened being will express himself in a certain way and his "teaching" will reflect his own path. This is why one will declare that there is no effort to be made to achieve enlightenment while another will support the opposite. One will affirm that there is a process and a practice to achieve enlightenment while another will say the opposite. Both are right according to their own path !

However, this situation frequently puts the "students" or "aspirants" in the grip of this contradiction, throws confusion in their minds and prevents them from exploring their inner life, too busy making sense of everything they read and hear about it.

Darpan has « taken » the 4th path. For him, the journey has been long, intense and arduous. He has gone through a particularly demanding process of inner transformation, preparing his intimate lands to receive the flower of awakening. He recounts every aspect of this "undertaking" in his book entitled: « The Inner Adventure », a detailed guide for those who walk the north face of their "spiritual mountain".

**« There is no pedagogy of enlightenment. There is, however, a pedagogy to get rid of that which separates us from the revelation of our essential being. »**

*« In the course of my life, I have had the opportunity to meet beings in whom awakening had occurred according to the four possibilities. I have tasted the wonderful presence of some of them but they could not help me with the difficulties I was encountering. Only those who had taken the fourth possibility were able to enlighten me and guide me practically because they knew the nature of the challenges I was facing; they recognized them in their own experience. »*

From time immemorial, awakened beings have invited us to « enter » into ourselves and to « descend » in our subjectivity to the heart of the « Self ». We hear this talk but we do not act, or not enough to make a significant difference.

The reason is simple. We know that as we turn inward and open ourselves fully to our feelings, we are going to have to deal with things that we have consciously or unconsciously put away within ourselves (both pleasant and unpleasant).

It is even likely that we will have to face fears and sorrows that we have accumulated over a very long time and from which we strive to be happy or to reach lasting contentment! It is also likely that as we venture into these intimate territories, we may lose some reassuring landmarks and things to hold on to.

The aim of my work is to make you aware of the attitudes you developed in childhood to protect yourself.

While these strategies have been useful, they have become the barrier that prevents you from reconnecting with your most beautiful, precious and intimate self. In that perspective, I help you to undo what you can no longer achieve and encourage you to confront what has been put aside for too long.

This art is not taught in schools or universities. It is acquired through direct experience of our inner life. It is the fruit of a deep and complete immersion in our "human matter", of an encounter with everything that is within us: the pleasant and the unpleasant, the coarse and the subtle, the pleasant and the painful, the true and the false.

I do not belong to any religion or tradition. I am not the leader of any movement or sect. I do not seek to convert or indoctrinate anyone.

My approach and vision are the result of intensive exploration of my inner life and I present them to you for you to test them in your own experience.

Being in the presence of an awakened being offers the opportunity to resonate with an awakened consciousness (conscious of oneself, of one's true nature) and to vibrate on the same frequency, or to get closer to it. This transmission takes place according to our receptivity, our capacity to open our being and to let ourselves be penetrated by this presence/vibration.

Just as radiation therapy fights cancer cells, the presence of the awakened destroys ignorance, concepts and false identifications. Being exposed to this particular type of "radiation" is at the heart of this extraordinary relationship. The encounter therefore holds a preponderant place that neither books, CDs nor videos can replace.

Many researchers or "aspirants" project erroneous ideas onto awakened beings. They think that by getting close to them, they will benefit from all sorts of good things, just as one gets the favours of a king. They often seek confirmation of their spiritual knowledge and expect to be saved from their fears, sorrows and death.

In reality, the vibration of an awakened consciousness shatters ignorance like a crystal glass. It is a threat to the person we think we are and to the inner workings that anchor us. Being exposed to this Presence is tantamount to surrendering ourselves to a massive collapse and the end of our known world.

The true master, despite appearances, gives nothing but takes away everything that separates us from ourselves. He is a master of death, through whom it is possible to discover and realize the Life that we are.