

A lifetime achievement

The unhappiness in us most often appears as a dark and unpleasant mass in which painful emotions, bad moods and negative thoughts are jostled. Unless we stop running away and fight against what invades us from within, it is not possible to take the full measure of what we have accumulated in ourselves and more precisely, in the subconscious mind, just below the surface.

At the level of our frontal consciousness, we usually only have access to one tenth of this misfortune; dodged and repressed from a very young age through strategies as crude (fleeing in our heads or contracting muscles) as sophisticated (retreating into our knowledge and arguments).

We have put our intelligence at the service of the ego - and it has become a habit - in order to protect us from the outside world but above all to protect us from feeling what is painful, frightening, unknown or too powerful within ourselves, forcing us to live on the periphery of our being.

Opening Pandora's box requires maturity and courage! We must have reached the point where we realize that neither time, age, nor the tortuous tricks of escaping this misfortune have managed to free us from it as we would have hoped.

No one has taught us the practical and intelligent skills to deal with these difficulties. Our parents, friends, and educators have all taught us, by example, to sit on our asses, get involved in the work, forget about it, and enjoy these "attacks from within" as much as possible.

Dodging, procrastination, burying one's head in the sand, burying one's head in the sand, disempowerment, the search for unconsciousness through sex, work, entertainment, alcohol or drugs, are all prevalent in our society and we participate in them more often than not out of ignorance than out of vice.

This misfortune that we denigrate, underestimate and put aside, and in which we also indulge, is made up of a magma of undifferentiated emotions, from which from time to time emerges a more assertive reaction that we hasten to label and catalogue in order to better control it. We try to manage the surface manifestations and their consequences as best we can, while the unfortunate base located deep down, well upstream, remains intact.

The contents of what we have buried deep down are not easily delivered! Consciously and unconsciously, we try to put it aside very skillfully, often because the difficulties of everyday life are already enough without having to face this painful past, which we do not know what to do with and how to deal with it!

When we abdicate our right to flee and repress what lives in us, things come back into our feelings and surrender to our conscience, like a spring that relaxes. In the face of the magnitude of what lies ahead, it takes method to examine carefully all the elements that intertwine and interweave. To use a modern image, we need to "sort waste" because we do not handle plastic or paper in the same way. The same applies to the contents of our misfortune: freeing ourselves from doubt and self-denial requires different skills than those used to get rid of negative associations.

What is normal is unnatural and we no longer know how to tell the difference! It takes a tremendous effort to right what has been twisted by education, ignorance and lack of love in order to realign ourselves with what is good, right and true in ourselves. To distance ourselves from the unhappy personage of beliefs, misconceptions, ideals, dreams and hopes is no small

task. We are as much attached to him through his good sides as we are through his unhappiness.

Over the years and through direct empirical exploration of my feelings, I have learned to distinguish the elements of this misfortune and to free myself intelligently from it without resorting to the usual strategies of escape and repression. I then developed the appropriate vocabulary and pedagogy to try to share it with others.

Over time and after having accompanied thousands of people, I realized that what we are afraid of can be summed up in 3 elements: we are afraid of what is painful (the pains we have not been able to welcome, assume and dissolve within us), of what is powerful (often associated with a form of violence) and of what is unknown (what our mind cannot identify).

If getting rid of the pain that was fermenting in me took between 6 and 8 years, I realized that we are struggling much more against what is good in ourselves! We like to feel love as long as it is not too powerful! We like to feel the life we are but to a certain degree! We vibrate when facing what is bigger than ourselves, inside, as long as it stays under control!

The doubt and denial of ourselves is always there, lurking in the shadows, ready to jump as soon as we go beyond the limits we have set ourselves, as soon as the good becomes "too good"! We are our bad father and our bad mother, reproducing in a loop and thus opening against ourselves, the behaviours that made us suffer and that we hasten to judge and condemn. Guilt, denial and remorse are the guardians of a happiness that slips through our fingers and years go by?

In this sack of knots, everything is linked: our negative patterns go hand in hand with our emotions, our limiting beliefs are on familiar terms with our conditioning, our fears flirt with our potentials and so on until they form the person or character we believe we are, with multiple faces, conflicts and contradictions with which we are rarely at peace and in love.

My approach is structured and methodical. It is the fruit of lived experience and not of theories. It has appealed to the intelligence of life that I am, to my feelings and to a concentration of attention on my inner life, without neglecting a life as a man in the world, "outside".

I have been pushed and shaken, relentlessly, by this inner imperative, to discover what I really am, to realize what lives upstream of the 5 senses and to unfold the delicacy of love behind the coarseness of the human condition. I have taken on, no doubt through a kind of "soul archetype", the role of a scout, discovering and constantly improving the art and the way to transmit the know-how that will lighten the burden of the seekers of truths. With or without students, at home or on a stage, I assume and embody at best what I am and who is not the person, in all simplicity, for such is the nature of the mystery of Being.

My contribution is to have brought a logical and practical way in the art of identifying and getting rid of the contents that clutter us and to make explicit this death to that false "self" that inevitably happens when the structure of who we believe we are implodes and fades away in consciousness.

The therapeutic tools and know-how are thus part of a broader, awakened perspective, not simply aiming at a better well-being or temporary relief, but at surpassing and transcending.

Through my seminars, website, book and articles, may this work serve the Being that you are and not the person you think you are.