# Module 8 Study

## Study 8.7 Excerpt from Group Call: Perspectives Ego-Soul-Knower

“There were a few conversations in the Facebook group and I will speak about something tomorrow about the tantra aspect and today I'd like to speak a little about the different perspectives.

What do we really do when we meditate? We really....we STOP and we fall back into the knower. We are allowing space... to...uncover.. or to realize the knower. And what's the knower? Is it awareness? Yes, it is awareness. But when we say awareness, it seems very neutral - like there is this awareness - like a thing. When we talk about the knower, it seems like there is somebody, something, right? It is kind of more personalized.

When I say you are consciousness -- then, I say this because you are very attached to an idea of what you are and very immersed and attached in your body like there's a strong body identification. And so then I basically say you're consciousness. This happens often, you know, maybe in group healings. And that helps the person to detach for a moment. It's like okay, I'm not this body, I'm consciousness. Because when we think of consciousness, we don't really think of it as being the body. Although we know the body is consciousness. So my work, my job, is to not teach mathematics, which is very the same, 1 and 1 is 2 and it will always be like that. 2 and 2 is 4 and there is no discussion. I work with consciousness and with reality. So, I always have to find a new way of speaking -- and especially, my job is to always speak in a way that the person, in that moment, is able to understand - or is just about able to understand, just that next little step, where I challenge the person to move into.

And so, when I say you are consciousness, well is that really true? Yes, you are consciousness, but you are not really consciousness -- you are the knower. If you come back to the fact that there is duality, we are speaking within duality. There is consciousness, the feminine aspect, the soul. And there's the knower, pure awareness, the eternal, infinite point. That which gave the cause, that gave rise to all things, that gave rise to consciousness.

So, first, we have to get out of this egoic constriction and we realize again we are consciousness. We are this ... sometimes I say essence or sometimes I use other words - this presence. You know, you as a soul. But when we meditate, to just come back to the abstract understanding of what we are actually doing. We actually want to know consciousness when it's not in movement. When soul is in movement, it has soul desires. It moves out, it wants to fulfill itself. You want to fulfill - I like to say "she" for the soul - she wants to fulfill herself. She wants to evolve...as the cyclical spiral of evolution. But when we collapse that spiral, come back to that line, to the core, to that point which is eternity, it's the knower. So how do you really discover the knower on the mental plane? It's the one that knows right? It's the one that is aware. If you're asleep or you're unconscious, you can't have self reflection of that knower. So it’s really important to know that when we are in meditation, we are actually shifting the sense of "I" identification from ego "I", to soul "I", to the knower "I" - your divine essence, that original, that which cannot - that has no beginning, no end, is never altered, that's always the same, in which we can say everything else is illusion because it arises and it disappears and it has never happened. So that is the awakening into. You want to awaken and have that moment where we really realize there is nothing. Nothing other than THAT. And if that remains permanent, then we talk about awakening. And when it - that permanent, that permanence... once it's permanently seen, realized, made real - it starts to bleed into the surface body and affects everything else and that's - we call it enlightenment. The light is now - because that knower, that THAT, in duality, in time and space - reflects as light ... light shines.”