

Newsletter 22: The Stillness Point, Power Point and Insanity Point



October 2017

Dear Friend,

After discussing the death point in the last newsletter, the transition from the defensive feelings to the rejected feelings between solar plexus and heart, we want in this newsletter to take a vertical view of the head level in our energy system and examine the second important transition: the stillness, power or insanity point. In a horizontal cross section through our personality, in the layer model, this would correspond to the even more difficult transition between the layer of rejected feelings and the core of the personality, the Innermost within us, for which we will then be ready in the next newsletter.

As we have already mentioned, it is this transition that becomes a life theme for many spiritual seekers, as they often fail to integrate the rejected feelings to a sufficient extent and are thus unable to build up enough inner stillness and strength to pass through this gate. Even though it is often misconceived as such, they do not necessarily need to see this as a personal failure. This is because, on the one hand, how far one may go along the path of self-knowledge is determined by the power of the Innermost and is only to a limited extent dependent on oneself, and on the other hand, because the training to become an unshakable warrior, which one receives in a lifelong struggle before this gate, already represents a sufficient goal in itself. Quite apart from this, talking about goals with regard to this royal road is in any case questionable.

Nevertheless, as we have seen in the last newsletter, there are at these transitions – the death point and the stillness point – certain stages that mark "goals" achieved in the development being discussed. The development of consciousness takes place in smaller and larger quantum leaps; not surprising in a process whose progress depends essentially on build-up of energy. The integration of every single emotional aspect equals a quantum leap. The energy of each feeling liberated from the unconscious into consciousness contributes to a pillar of consciousness that rises from the bottom up in the energy body. Completion is ultimately determined by the energetic wholeness of a being when this work is completed. Regarding the latter, however, there is no definitive endpoint to the work, since energy can be repeatedly lost in an open system and certain "maintenance work" remains inevitable for the rest of one's life. Especially in old age – the fourth enemy of the warrior after fear, clarity and power – where it becomes a great challenge not to lose again what has been achieved.

In essence, apart from the many small leaps that we know, there are three major leaps in development or three successive enlightenment states, as we also call them.

Once again, it should be noted that we are not just designing models, putting forward concepts and disseminating theories. We are trying to describe reality in such a way that it can be understood by everyone using the practice of self-knowledge in a context of intuitive science. The description, like any description, is not what it tries to describe, but in our case it is certainly not just something imaginary. On the contrary, it follows closely what we observe, fully knowing that someone else would describe the same thing in a different but comparable way.

The first enlightenment, which usually comes to us in all innocence and as yet without too much self-knowledge work, is the pelvic enlightenment, the perception of a first state of perfect oneness stemming from a fully unfolded centre of sexuality. Everything in the universe is sex, everything is one in a single dance of reproduction and worship, ecstasy and giving life – this is the insight at this level. Spirituality begins in the pelvis.

We obtain pelvic enlightenment as a free of charge advance bonus, so to speak. All it takes is a healthy pelvis and an uninhibited lifestyle. It is life's bonus, the invitation for us to start work with a feeling that there could be more to discover.

We speak of a second enlightenment as soon as the pelvic and abdominal centres – sexuality and will – have been cleansed and liberated through the examination of all defensive states and emotions so that the resulting accumulated energy can pass through the death point to reach the heart space of the rejected feelings. The second enlightenment is a dying, a dying into the oneness of the love of the heart, which will only be completed, however, when the last rejected facet has been integrated.

Enlightenment always begins with satori, with a sudden flash, a first inkling, and only evolves over time, when enough energy has been collected, into a "sustainable" arrival in meditation, the possibility of nirvana or moksha. Here too, the gathering of energy, which further builds up the inner light pillar, goes hand in hand with the integration of all rejected feelings and states, which contribute their liberated energy to the perfection of the state of enlightenment. Actually, all enlightenment is effortlessly and freely available, even at the level of the second and third breakthrough. Hard work is only necessary insofar as we have armour-plated ourselves individually and, above all, collectively against it. Tearing down these walls requires an effort equivalent to that needed for their construction. Conscious awakening or growth could otherwise be effortless. In this sense, the cosmic orgasm with the whole, the pelvic enlightenment, might not be so completely "free of charge" to most of us.

Here and now, however, we want to look at this second major transition in our energy system or rather the third stage of enlightenment, the stillness, power or insanity point. It becomes possible – initially like a flash of lightning, and later as a somewhat more stable experience – at exactly the moment when all rejected feelings are truly accepted and the last loneliness is integrated. As soon as the energy vessel, the energetic body, is sufficiently full, the energy spills out from the centre at the middle of the energetic body and frees itself up into the crown, into what we call the Innermost or spiritual being behind the egocentric and heart personality. We describe what is experienced there as the core feelings that will be discussed in the next newsletter. The complete integration of the rejected states makes it possible for the conscious entity to swing itself into an even higher consciousness, to shift the assemblage point of perception to this higher consciousness and to perceive the Innermost consciously, unfiltered and directly.

At this point, the philosophical question of whether we are even able to perceive reality directly, which has been debated since Kant and is once again much discussed in recent times, becomes clear. Of course, all our perception at the level of the object body goes through the filter of our senses and nervous system and thus arrives in our brain delayed, manipulated and reconstructed as an inner image. In this coarse Newtonian view, we never actually experience reality as the final reality and, fittingly, never directly, but only as an image, as an everyday-compatible reconstruction within our ego-tunnel, as the philosopher Thomas Metzinger has depicted it. However, if we succeed in realizing such a high energy vibration that we are able to enter the quantum field in terms of perception, then the situation is different. And, as we see it, this is precisely what is taking place in the state of meditation as we move our assemblage point of perception to the level of the head, the stillness point and beyond. Direct perception is definitely not possible at the Newtonian level, which is why we experience reality as a structure created from isolated objects. However, at the quantum level,

energy is experienced directly – not primarily through the senses, but rather directly without link to the self – as energy that is self-aware. The experience of oneness is therefore conceivable, an immersion in the sea of purely energetic existence. In this perception, there is no longer an observer who remains separate from the observed. There is only energy that is aware of itself in ecstatic waves. In a certain sense, there is also no longer a conscious entity, no conscious entity at the level of the self, but only consciousness as the basic intelligence of the energy itself. Wanting to capture the phenomena of quantum energy by means of Newton's physics will always be doomed to failure and will only cause confusion. Today's philosophers and neuroscientists, and also people in general, deny or do not yet recognize this view. There is no clear distinction between when we or science – for example, with scientific imaging techniques – are moving at the Newtonian level, and when other approaches become necessary because we are dealing with quantum phenomena. It is not possible at this point to go into more detail regarding corresponding proof, and this would anyway be beyond my capabilities. It is perhaps worth remembering the fact that it is questionable to dismiss something as non-existent or impossible simply because you cannot access it yourself. Not having found enlightenment, entitles us at most to not unduly claim it and its wisdom. At this point, too, we would like to draw your attention to the book by Ulrich Warnke¹ for a deeper understanding of the issue.

Why do we call this transition in the head of the energy body the stillness point?

Because the arrival, which is made possible by the integration of all that is rejected, puts an end to all searching in us and reveals to us the innermost qualities of all existence. One of its main qualities, which is particularly overwhelming and inseparable from the simultaneously awakening perception of space that takes place at this point, is the absolute stillness in this vastness. This is why it is called the stillness point: the point at which we attain stillness.

But why do we also call this point the power point?

Because, as mentioned earlier, the struggle with the warriors' third enemy, with power, is completed in us at this point. Or maybe not! Another quality of this innermost space is the Absolute: the absolute power and authority of the innermost existence of everything. Those who fail to recognize the facts of the situation at this point and through misjudgement identify themselves with this power instead of surrendering to it in stillness and humility, are in danger of failing, of going insane because of this power, and of never understanding exactly what is the power, with which they believe they are playing and whose pawn they have actually become. The last great defeat, the last great failure that can happen to us. This is why this point is called the power point, the place where our attitude to power becomes definitely clear. However, why do we also call the point in the middle of the energetic head the insanity point?

To confront the Absolute is indeed supreme sublimity. But it takes a lot of purified, well-centred energy to withstand it and not be swept away by it. To be able to hold the energy of all life in oneself requires a purified, cleansed warrior nature. This should have actually been built up by those adept of self-knowledge who reach this point. Their inner energy pillar should be almost perfected by now. Nevertheless, it may happen that they do not withstand this confrontation with the Supreme and drift instead into defensive, explanatory thoughts. This transition is a form of dying, too. It is a brain death, even more difficult to accept than the heart death at the death point. As the very last thing, even the personal consciousness is taken away from you at this transition. Nothing remains of the personal nature. One is assimilated into a pure Undividedness, commonness, Oneness. No thought remains when faced with this kind of death. Inevitably, this mighty energy shatters you into fragments if you

¹ Ulrich Warnke: *Quantenphilosophie und Interwelt/Der Zugang zur verborgenen Essenz des menschlichen Wesens*; Scorpio Verlag, 2013 [Quantum Philosophy and Interworld / The Access to the Hidden Essence of the Human Being]

don't know how to face it in complete stillness. This is why it is referred to as the insanity point. Temporarily, hopefully, or permanently, you may lapse into insanity, into an attempt to grasp the inexplicable with thought, and thus be devoured by it.

Such an experience may predestine you to speculate about death and what might come after death. The warriors couldn't resist it and offered a very nice concept regarding the death experience. I have discussed it elsewhere.² Here we want to resist and humbly stick to the truth, which is that we cannot really know what can only be experienced. This will protect us from the arrogance that could make us vulnerable to the insanity, to which we do not wish to succumb.

In the next letter we want to examine in more detail the Innermost of ourselves, the quantum field, if you like, that eludes Newtonian judgement and explanation. In this context, it is important for me to point out once again that all the explanations and descriptions, especially in this and the previous newsletter with regard to the special transitions in the energy system, or in the next newsletter concerning the very core of us, must of course be verified and confirmed within themselves by everyone adept at self-knowledge. Spirituality is not a matter of faith, it is a matter of knowing, and there is no theoretical or empirical proof like we find in academic science. To be certain about something, to really understand something, always requires one's own experience, the utmost exactness and honesty with regard to self-knowledge. It needs the attitude of an intuitive scientific nature or, as I would call it, a genuine scientific religiousness or religious scientificness.

May you explore the Innermost of everything, dear friend

Samuel Widmer Nicolet

² For example: Samuel Widmer: ... der Tod hingegen ist ein Morgen/ Sterben; Basic Editions, 2015 [...But Death is a Morning/ Dying]