CAUTION: (IL)Legal notices:

This essay is graciously offered to humanity with a big heart. Therefore, it cannot be resold except* for those who are in need, leaving free arbitrator to each one. It has no intellectual property, Copyright ©, Trade Mark ™, Registered Trade Mark ®, or any other mark, no brand, it is unlabeled. It is the organic fruit of a pure product of the free offering without expectation of a return on investment except for a qualitative growth in individual and collective consciousness. Consequently, its reproduction is made possible, its disclosure encouraged, its adaptation recommended, its desired implementation, its improvement expected.

It can never be a bestseller but a simple childhood dream that only aspires to remain a modest "bestgiver".

*See General Conditions of the Offer, subtly explained in this book for those who can read between the lines of the Great Book of Life.

AM

Written and translated by Aurélien Millot from French to English, edited by Hallie Gardner

On the 20th of March 2020
« Natural forces within us are the true healers of disease. » Hippocrates (The Father of Medicine)

« It is no measure of health to be well adjusted to a profoundly sick society. » Krishnamurti

To Humanities, to the entire Medical Corps on the planet and to my mother-in-law***
Preface

Prologue

Introduction

Covered topics:

• The 3 metaphors of the essay, like a triptych:
  o 1-Alchemy (metaphysical dimension)
  o 2-Medicine (physical dimension)
  o 3-Dramatic comedy (artistic dimension)

• Clarification of the term “apocalypse”

• Methodology by example and experience

• Disease (“dis-ease”), a problem with energy circulation

• A need for balance: “a healthy mind in a healthy body”

• An imbalance of the exclusive materialist vision: physics to the detriment of metaphysics

• Explanation of knowledge towards lucidity and enlightenment, an exciting quest for adventure

• The functioning of the human: the conscious, the unconscious, and the collective unconscious

• The current education system facing the potential of the (r)evolutionary one of tomorrow

• The segmentation of knowledge in isolated matters, faced with a holistic vision establishing links
Step 1: The destruction (Black Work: The Abyss)………………………………………………page 12

**Covered topics:**

- The vulnerability of the system which hangs by a subtle common thread
- The origins of the corona virus, or the wood for trees (of Life)
- Covid-19, "simple" symptoms of a long and serious deeper illness
- Blind quantitative growth “versus” conscious qualitative growth
- The system, a Frankenstein became a normality
- The News (The Media), a systematic focus on half-empty glass
- The state of the world and the individual psychic state: the story of the chicken and the egg
- Use of unconventional and intuitive methods
- A confusion between pleasure and happiness
- Globalization, an endless exponential hyper connection
- The foundations of our economic system: 1-trust 2-growth 3-debt
- Problem of virtual hyper connection: need to disconnect, thanks to nature and energy
- Alienating work, historically an instrument of torture
- The distortion of reality, an inversion of values
- Planned obsolescence
- Organic, an evolution, a trend or a new green bubble?
- Pollution in the world, sleight of hand of sorcerer's apprentices

Step 2: The Cleansing (White Work: The Sanitation)………………………………………………page 39

**Covered topics:**

- Time to refocus
- The interdependence of our world as an ecosystem
- Three examples of traditions: Tri Hita Karana, Ubuntu, and traditional Chinese medicine
- The inner quest through 7 wisdoms, and the world heritage of humanity
- Ask more about the causes rather than the consequences
- Time, a luxury fuel
• A need for amnesty: “criticism is easy, art is difficult”. Eg: De Gaulle, Mandela
• The positive aspects: Chinese pollution, dolphins in Venice
• The drop of water in the ocean that can make the vase overflow

Step 3: The transmutation (Red Work: The Salvation)…………………………………….page 62

Covered topics:

• What is Salvation?
• Admire nature, our true nature
• The other- a competition and threat, with fists or a collaboration and aid with helpful hands?
• The Ego, “when he go, I/High fly”, basis of existence
• The real and concrete example of hope through the success of Iceland in its transition
• Empathy, the key to opening doors to other spheres of consciousness
• Presentation of practical and pragmatic projects
• The TransMISSION: the treasures of tradition and modernity, such a complementarity
• Love, the subtle thread connecting the little stars
• Tidying up the great puzzle of life
• Reactivation of the inner child
• Know how to read and co-write the Great Book of Life
• Our individual and collective mission for a plural and conditional future(s)
• The first step: raising your vibrations and cleaning your philosopher's stone
• Awakening, an aimless and endless path towards individual and collective harmony

Opening………………………………………………………………………………………………………………..page 103
Preface

When I first spoke with Aurélien at a cafe in Bali I was sure that I was having a conversation with the consciousness of the universe. Every question I asked (progressively deep about the inner workings of the cosmos) he answered with perfectly articulate clarity and wisdom. I eventually asked wide eyed if he was somehow channeling this information. He laughed and replied yes, and that he does this all the time in his lectures as a business/trade professor. He said that often, upon hearing recordings of his lectures, he is surprised and amazed at the content, and that everyone can channel source energy.

Months later, although we didn’t know each other well at the time, he invited me to be his guest at an amazing week long retreat that he hosted along with his lovely partner Elif; featuring classes with the foremost teachers in yoga, qigong, meditation, pilates, art therapy, sound healing, reiki...and three gourmet organic vegan meals a day. All proceeds went to a local orphanage. It was a life changing and expanding experience which I would not have been able to afford otherwise, although he was unaware of my financial situation.

Aurélien channeled this entire book in three days. It describes our current situation with the virus, how we got here, and the path forward out of this mess with great depth and clarity.

Editing the English edition has been a privilege that I’ve thoroughly enjoyed. Aurélien’s first language is French and I edited this creation lightly, both to keep the poetic flow and because I wanted to get it out as soon as possible (I’m sure it could use a few more takes). Please read for content. It is written in, as Aurélien would say, the language of birds.

Enjoy and In Joy.

Hallie Gardner
(Environmental Science Professor and increasingly enthralled student of the Universe)
The world is put in « PAUSE » mode but the planet continues to turn. It is time to ask yourself to meditate on this system which does not seem to be working well. So, let’s take a break! Krishnamurti said : « It is no measure of health to be well adjusted to a profoundly sick society. ». The globalization virus now has a name, Corona. However, these are just symptoms of a society that seems to be affected by widespread terminal cancer. With the assistance of traditional Chinese medicine, world heritage of humanity partially lost, we will try to establish a global diagnosis with a complete scan of the disorders emanating from a systemic imbalance due to its interdependence at all levels: economic-financial, social-societal and, hence, environmental, as well as a strong dependence on a hard drug "too much". Looking lucidly at reality, without veiling the face, or losing face, is a form of maturity leading to the first step on the way of the healing process.

"Apocalypse", in Greek means "revelation", the lifting of the veils, implied by an illusion which obstruct our reality masked by the vulnerability of our immune system. However, the resistance of our organisms and antibodies is set up to fight against all forms of microbes and parasites that plague our lives. The world seems at the same time to be under respiratory assistance all while holding its breath. Holding its breath at the bedside of the patient impatient in certain respects. The patients sometimes even wishing to leave the treatment rooms, in denial of the disease, and stressed by having to have precipitately left its activities without organizing itself. However, the strains of evil, of discomfort creating discomfort are perhaps much deeper than in appearance because far from the idea of thinking that it is a simple stroke of fatigue. Reasonable scholars and researchers are formal. The world is touched by a certain ulterior schizophrenia since it is an acute distortion of reality which goes back to a buried trauma linked to his birth, which made him lose his bearings. He sees himself torn between an anxious state of losing his old life, and appeased as for the dream of leaving everything and giving birth to a new one. He who based everything on appearances, performances, figures, confusing qualitative growth in conscience and reasonable in favor of an endless blind quantitative rise for anything.

This essay is used modestly to support, be a volunteer, and help with the situation. It’s a simple cry of warning, an S.O.S (Save Our Soul(s)), a call for help and solidarity. It applies a holistic healing technique in three stages: 1-observation, 2-cleaning, 3-transcendence.
The purpose of electroshock is to revive the heart machine by putting "balm in the heart" to go beyond it, so that there is an after and that « the before » remains in everyone's cellular memories, not like a lockdown of rancor but an opening while keeping a minimum of the poison for the sake of immunization, as a vaccine or serum. Remission will require a new lifestyle with pragmatic corrective actions, rehabilitation exercises, and booster shots to avoid relapse. The disease is systematically the fruit of a disharmonious circulation of energies then generalized by the internal butterfly effect. Hippocrates (The Father of Medicine) revealed: « Natural forces within us are the true healers of disease. ». Our world has, turnkey through its contemporary gray cells and its traditional genetic heritage, an incomparable and unsuspected capital. It suffices only to follow the treatment and above all to visualize the healing as natural and present. As being already there and real because the individual and collective somatic part is vital. This essay opens up a deep gash of hope that I wish to be as contagious as possible. Humanity has a date with its humanity.
Introduction

The Great Work (Magnus Opus) in alchemy corresponds to a realization of transcendence, it means to pass from a segmented limiting lower state towards a unified absolute higher state. To do this, the approach operates in three stages: 1-destruction, 2-cleaning, 3-transmutation.

It is not a question of applying a reductionist vision, namely a quest to change the vulgar lead into gold in order to accumulate ever more vile money through a purely materialistic perception. In reality it is about transcendence, transmutation of oneself as well as of his environment, establishing a link between the microcosm (the infinitely small) and the macrocosm (the infinitely large). This is a deeply metaphysical approach that is difficult for most to perceive. This being the case, we will practice studiously to be as educational and accessible as possible, by reformulating in different forms. The goal is to simplify and make accessible crucial knowledge that is less accessible for practice by the common man, to maximize who can access this knowledge, and to promote the assimilation and democratization of this crucial knowledge. This very knowledge that has been prohibited from disclosure intentionally by the desires of certain elites or other enlightened individuals who seek to preserve their privileges through such non-disclosure. Humanity has wasted precious time without access to its Great Natural Knowledge, it innate "Primordial Tradition".

So, as we previously mentioned "apocalypse" in Greek means "revelation", nothing to do with a cataclysm, a natural disaster, by any means. It is about lifting the veils, the veils of illusion, revealing a more subtle form of reality linked to "the ousia". Without wanting to be too pompous, I will define this principle of ousia. This will be the only purely philosophical passage, then we will return to dimensions much more down to earth, sometimes even lower than earth, « beyond » underground. Otherwise, if you already have a headache, take a short break and / or go straight to Chapter 1, the first step in our treatment. On the other hand, I just invite you to take the test, continue, you will see that this approach is not only philosophical and metaphysical (« meta » in Greek means « beyond », implied beyond the physical, therefore subtle) but physical. Otherwise, don't be afraid of being sunk and submerged, the flow and the stream of life bringing us back to The Source with its numerous confluences will be much sweeter and more peaceful from the start of the first stage during our crossing. I'm sure anyone can do it, every neuron only wants to be connected by a synapse, a natural chemical that your brain secretes and activates an electric current that is
stimulated when you turn on the light with the « simple fact » to press the switch when in general GOOAAALLLLL, you mark your mind with the medal and the cup of understanding.

Competition in which there is nothing to gain, no goal except the intention and the pleasure of discovering more and widening the fields of one's consciousness: opening one's horizons thanks to « new eyes », new perspectives. On this subject Marcel Proust said, « The real journey of discovery does not consist in looking for new landscapes but in seeing with new eyes. » I, who had the chance to travel through 66 countries, if I had known as a « ch’ti » (in French, word to qualify inhabitant from northern France) at the base, I would not have lost the north, it would have been less polluting...

Indeed, more seriously, knowledge is nothing more than simply reactivating something that previously existed in potential. The discovery of tomorrow, well explained, and that you understand, means that contingently, you already had it beforehand. This is the reason why Khalil Gibran said, « Nobody can reveal anything to you except what is already half asleep. » Knowledge (even less awakening) is not private property, but an infinite field available to everyone without necessarily diplomas, privileges, passports or the like. When we have vaccinated people to this idea to know (if I can say) that knowledge and learning is not boring, long but on the contrary that it is easy, within the reach of everyone and above all playful, then people light up, illuminate and enlighten each other (literally they transcend individually and mutually). They gradually free themselves from darkness, without being blinded because they have the humility to know that it does not emanate from them individually but is the result of good wiring, a good network, if I may say! Your brain could be compared to your computer (the developer, the incubator that sets and processes information: receiver and transmitter), the WIFI network corresponds to your connection to your neural system and your good wiring that is to say intuition. Basically, you catch it. This is the seat of the right hemisphere of the brain when you are viewing images, for example. The cloud would be comparable to what is called in physics the unified field (or quantum field or even morphic), the Ether, the Soul of the world, the Akasha among the Hindu mystics, namely the invisible universal library. Carl Jung (the true father of psychoanalysis in my opinion) said to clarify and illustrate my analogy with the Internet: « In addition to our immediate consciousness; there exists a second psychic system of a collective, universal, and impersonal nature which is identical in all individuals. »

Let’s say single, cloistered at home without connection, we may already feel less alone!? I decipher: consciousness is your computer, I add the missing part your unconscious; this presence which « thinks » of breathing when you sleep, among other things, and, like a real president, must manage billions of small subjects such as cells, globules, alveoli ... and many more in you, in this great state called the body. Your antibodies are the little soldiers who are trying to fight the potential threat of this virus, but you consciously!
As president you may give an order, strategy, or military plan, but who takes the order? It is the unconscious that, like a general in charge! The unconscious is your GPS, the day and night watchman who watches over you. Then the data from the Internet or the cloud corresponds to what Jung describes as « a second psychic system of a collective, universal, and impersonal nature which is identical in all individuals ».

It is also what is called the collective unconscious. Except that your subconscious and the collective unconscious unfortunately, you can never thank them for being there by shaking their hand! They are intangible and yet they do exist, just as the Internet is not palpable, neither is electricity… Thus the Internet would be the sum of the three components: conscious, unconscious, and collective unconscious, hence its name « Inter » and « net » not a fishing net, even a little, to catch info but also an abbreviation of « network ». Consequently, our world hyperconnected physically and virtually across the web (Web from virtual semantic dimension) corresponds to a kind of subtle metaphor for communication and exchange. And it is in this sense that our research will prove to be exciting and very fun, we will travel and cross many networks, lanes, motorways, small country roads, by land and air since « all roads lead to Rome ». As the saying goes and I add « and at home »: at our inner home driving to infinite and borderless home what we will see in the third part, when we have had enough of playing to big games, Chinese puzzles, sometimes a little too materialistic, locked up at home, we will try to ventilate ourselves and thus to travel in the stars if I may say, to take a little height, to get caught or to relearn to dream.

I understand that in these difficult times, we will all have the greatest need. Indeed, it seems that more and more people feel disconnected without knowing how to explain it while most certainly, they just need to

1-disconnect for a while (virtual hyper connection: social media, Internet, fashion, the show bizz, the news…)

2-to reconnect deeply (to your unconscious, your fears, your traumas, by identifying them to clean them, your conscious what you like, your dreams, the meaning of life…)

3-reconnect to everything, basically recompose the pieces of the puzzle: yourself, people, nature, the world, metaphysics (or the invisible). You will see a small pinch of « magic » (when the soul acts) in your daily life and real miracles will happen in your lives. Afterwards, you have to believe in beautiful stories, without falling asleep, reactivating your inner child among others… In short, a whole exciting adventure program on the path of the inner and initiatory quest for dummies! Not you ! With reference to the book, let's say the series of books, like we had « the little green library collection » (or not), « XXX for dummies ».
Example1: « Cooking for dummies »: you learn how to cook, at your own pace you practice trying small dishes, then eventually create your own recipes

Example2: « Learning for dummies », you learn techniques of memorization, a methodology to learn, then to your sauce, make your own cuisine (inspired and making links with Example1)

Example3: « politics for dummies » hahaha, bad joke! I'm kidding, maybe not, it would be good to know more about how institutions work.

Furthermore, politics governs our lives, so it is essential to know the basics to be a good citizen and / or engage in politics if we consider that « all rotten, all the same » free to you to be different, and to offer better and something innovative, democracy (« demos »: « the people », « kratos »: « power »: literally power to the people and for the people, just for the record, in case some suffer from amnesia, have skipped school, have not understood or have not had the chance to be taught)! Okay, I ruined the mood, so to catch up!

Example4: « Humor for dummies » ... Okay, it sucks, it was easy!

This fascinating sentence by Khalil Gibran: « Nobody can reveal anything to you except what is already half asleep » is really very inspiring for neuroscience: the sciences of the spirit, new fuel of gray matter of tomorrow to avoid burning too much black gold, especially when we will not have any more, whereas the gray matter, that is not all black or all white: there is or not. It is not subject to scarcity; it is abundant and exponential with a palette of infinite nuances. You will probably tell yourself why I use so many metaphors, analogies, parallels...? Because it goes through the right part of your brain, seat of your intuition, literary, metaphysical dimension which uses symbols. « Symbol » etymologically means « to gather », in opposition to « diabole » = « to separate ». The symbol doesn't impose anything, it suggests. The symbol for the right hemisphere is the circle. While the theses and structured ideas correspond to your left hemisphere, it is symbolized by the square, the proof in image if I may say when you say of someone that he is well organized, you say « that he is square ». It's just little gymnastics, like stretching or endurance, it's a little tiring at the start and it can hurt, then gradually you have more endurance developing your physical and mental capacities. From there we are in better health (brain and others), in addition it creates endorphins, hormones of happiness. Yes, learning, discovering things can be fun, entertaining and therefore a source of pleasure. As one says « Mens sana in corpore sano » « healthy mind in a healthy body », if you start to see where I'm coming from.

This is the reason why, at school, you were taught to have to choose between math or literature or even between thinking with your head or your hands or even your feet to be as binary as these « future old
patterns of thought of the past ». While in a holistic (global) approach, we can be all of this, at the same time as the Greek philosophers remind us, through our (western) culture and our history, which were literary and scientific but also mystical. For skeptics or amnesiacs: Pythagoras that we study in math, created the school of mysteries, basically a down to earth version of Harry Potter’s Hogwarts, and applied the traditional method of separating everything: tales, myths, traditions. It is for the dreamers or the kids, worse, the so-called simple minds. As for the serious things the stock market, the curves, the figures it is for the Cartesian people, « Respectable ». Those who put on beautiful ties and beautiful shirts. Maybe it's our company in China that produces for them, you never know in this globalized world where the world has become a village, and double thin in addition. I do curves and tables in my finance lessons in suit…

Well, yes kid, already it seemed to me to be as meaningless as having to choose if I preferred my father or my mother! Especially if we don't like one or the other! Sorry hahaha, dark humor, it always surprises a little, at the beginning ... My last work is dedicated to them among others, that is to say the admiration and recognition that I have for them! So, little break, a quiz. Who was Leonardo da Vinci?

« He who wrote the Da Vinci code? » « Strong beep for the wrong answers »!

« A great man ! » « There is no beep because in this binary system of good or not good, there is no « beep for a partial correct answer. »

More seriously Leonardo Da Vinci was a great humorist, the thing is that I am not kidding. It's true, he was very funny, he always played with life, like most of the great characters and intellectuals that we were presented too often as smelling of dust and annoying like death when they were all on the contrary, full of life: Avicenna, Buddha… As a result, Da Vinci is difficult to put in our boxes, in our segmented analysis grid (as well as Avicenna which I did not mention by chance): scientist, engineer, inventor, anatomist, painter, sculptor, architect, town planner, botanist, musician, poet, philosopher, writer and mystic (taught among other things from the treasure of the flower of life, see its drafts on the Internet).

Somewhere fortunately he had no kid, at school the forms, parents' profession... 15 minutes later ... Limits a written question, you have to have a good memory to forget nothing. His secret? He put love** in everything he did and remained an eternal child who admires the life that sings. He said that all his inspirations came to him while contemplating nature (contemplating, literally and etymologically « to open the temple » implied « interior », the deep connection which opens the door on the infinite field: the collective unconscious). In my opinion, the most important sentence during his lifetime and more than synthetic is the following: « Principles for developing a complete mind: study the science of art. Study the art of science. Develop your senses, especially learn to see. Realize that everything connects to everything else. »
So back to the point, let's not digress too much and lose our direction on our journey on the Middle Path especially as we have a program to finish, a structure to respect. Yes, indeed it may not seem like there is, but there is a subtle thread, a puzzle game to try like a treasure hunt, to know how to establish links between things and materials. Personally, I got so bored, kid on the school benches that is what I had fun doing, just to distract myself a little, otherwise I would have died of boredom… It was not the fault of the teachers, or of the programs, the poor teachers, they did what they could and it worked with most of the other students. Let’s say that it wasn’t too suitable for my abilities: as an undetected dyslexic, hypersensitive… I should surely have had specialized treatment: I only really knew how to read when I was around 15 years old.

An excellent childhood friend, Simon Houriez, a remarkable person (decorated with a medal from the President of the French Republic a few years ago for his programs and projects to help the deaf, dumb and all types of disabilities), explained his project to me. Aside, Simon went in shorts and a Hawaiian shirt, to get his medal; everyone said to him, « you aren’t thinking !? », And to answer him « you think he will not give it to me suddenly, in this case, it may be pointless for me to go. » Such a philosophy ... I'm a fan! In short, more seriously, he works on ergonomics of urban planning projects, « accessibility designer »! Some will think « Oulalala, what is this thing. Your friend must give headache. » Whereas on the contrary the way he talks about it is fascinating because he is passionate, and the content is too. It leaves you thinking for the future! Basically, it's about adapting fluency methods to make life easier for as many people as possible in a territory. He used techniques emanating from his association managing the handicapped: basically, the approach is to start from the most limited people so as not to exclude anyone! It is too strong my « bro »! I deeply admire all these remarkable people, these relay smugglers. When I think of all these people, I know from near and far, I really have hope. Now if I only think about the news, well my hope flirts with the ground, to be down to earth.

Well, we were about to talk about the concept of « ousia » as an intro, damn! An intro, it's shorter, it's synthetic. I'm going to cut in the editing, as I do this all the time, basically, you always cook more in case your guests really have an appetite.

And afterwards, what if we keep this part. If we keep at it?! We don't care about the writing conventions. Who is going to sue me for this? The book will be free , the mistress! Which one!? Oh no, they all had a sense of humor and then, as we said, we are in a crisis cell, we have to keep our spirits up, our immune system depends on it. In doing this 1-we be patient, we take care of those confined, and I am part of this 2-we fight to move on to the after (by order 1-after Corona, 2-after in the sense of the new paradigm).
Come on! No more jokes, let's go, get ready for takeoff, amateurs, adventures, fasten your seat belts, just promise a little turbulence zone and then we'll be almost at cruising speed and at good altitude to start looking at the horizon form new perspectives.

By way of « depressurization » (LOL, the pilot who explains his flight, or his take-off ... Come on, come on, let's focus!): I will try to explain how our materialist society is somewhat lost, forgetting a centerpiece of the great puzzle of the part of the great game of life by obscuring what cannot be seen. Basically, in this purely materialist « vision », all that is, and exists, is because our eyes can. « Hallo, what about the light spectrum? » Infra-red, ultraviolet, radar waves, don't they exist? Especially the radar waves, not seen not taken then the next time someone makes a speeding… More « seriously » the ousia, in Greek philosophy (the heritage supposed to be Western, basis of this civilization, if so much that the word still has a meaning) is the essence by which the world is created, and is divided into two: the ousia which is conceived only by thought (the quantum or morphic field), and that which can fall under the senses: sight, touch, hearing… (the particle or state). This first is recognized only by the sixth sense (the third eye: intuition), the other is perceived by the eyes.

Well, in the end I revise my copy, change my mind, in times of crisis, you have to know how to reparametrize, constantly adjust your roadmap and adapt, otherwise you lose members on the road. So, I keep a big part of it warm for dessert, as a conclusion without which I fear that it is a little indigestible.

So, to put it simply, there remains confusion in the virtual war between the supremacy of matter over the mind. The mind (thought, the intangible, the energies) and on the other hand the limiting vision of matter which represents, as any good scientist knows, only 4% of our physical world. A small essential reminder, our world is made up of 4% physical matter, 27% dark matter (invisible) and 69% dark energy (invisible).

In our essentially materialistic world, I insist heavily, we have, so to speak, obscured the remaining 96% of our reality, which remains invisible but yet very real for 100% of researchers and other scientists. Basically, what we see or say, think, even partially, is only a tiny fraction of the tip of the iceberg, which by the way, melts in the dropper and the countdown of nature, hence this call to order and this urgent need.

This awakening is not only spiritual but holistic, that is to say global: an individual and then collective awakening in this case social-societal, economic-financial and environmental. Each of the components representing a tangled system that we call « our world », like different parts of a watch or a well-adjusted clock that ticks ...

However, in the light of the great French philosopher of lights Voltaire, he declared: « I cannot imagine how the clockwork of the universe can exist without a clockmaker. »
Therefore, in our alchemical quest presented as a quest for gold, a gold rush (for materialists), a certain treasure hunt, we will try not to get lost in perception disorders or theories of relativity. We will force ourselves to have our earth connection: the planet that suffers, this virus that swarms and thus to keep our feet firmly on the ground while keeping our heads in the stars.
Step1: The destruction (Black Work: The Abyss)

A beating of a butterfly's wing in the East can create a storm in the West, as we have learned from centuries-old Chinese wisdom through Taoism. But today, a bat wingbeat in China can create a planetary tornado. What was perceived as distant wisdom brings us back to our harsh reality, to our daily life in the face, making us lose face, and beyond, forcing us to an about-face. Let us make a point retroactively. Many doubted this adage, this tradition, perceiving it as prose, beautiful stories ... So how could reality have exceeded fiction? How is it possible?

We hear everything domino effect like a game that collapses, the snowball effect for which we will see an avalanche of information in a world submerged by the quantitative at any level and especially informational ... How an only man who eats a wild beast cause a planetary cataclysm? Is it rational? Is our world a pure illusion, literally holding onto one’s last strings of life, hanging on by a thread; is it just that? A thread? Is there a common thread connecting us like a rope, for better and for worse, to life, to death?

If we told this dramatic scenario to a person who has been cut off from the world for two good months, as is the case with a reality show in Germany, they would find it hard to believe. But the hardest part in this story and what risks marking History is to understand why? So we are looking for culprits, this man, this region of Hubei that we did not know so to speak, a few weeks ago which has a strange folklore according to some, that we point with our big paws to let our finger print and detach from the crowd with the famous "I told you so" accuser thereby separating the subtle from the rude, the hygienic conditions, then China, our leaders who never do enough, or too much ..., our neighbor who takes no precautions unlike us who follow the rules to the letter (ah okay! Except this morning, where I kissed the concierge but it doesn't count, we know each other ...), or even those people who almost loot stores. So suddenly, we reproduce by mimicry the same patterns, although detached but ultimately with the same effect. Is it going well? Is our world going round? Go around in circles, probably! We seem to want to understand with a binary and purely dualistic approach: one culprit, one responsible or several, the others ... We focus on the effects, without looking at the causes. This is our global approach at all levels on which it would seem good to ask. What is happening now, the cancer of our planet, at an advanced or even terminal stage for some scientists, researchers and other scientists... is not new. The virus is a simple symptom of a decades-long disease. The
great Indian philosopher Krishnamurti; as I have already mentioned, said in 1948 already « *It is no measure of health to be well adjusted to a profoundly sick society* »; that is to say that it is not recent.

However, in our contemporary global medical approach (especially Anglo-Saxon), when you have a disorder, we sometimes tend to solve the problem with a sort of compress, patch on a tube already well attacked. Mass industrial medicine too often (fortunately there are still exceptions) attempts to heal as one would remove the indicator light from a vehicle, alerting to a structural problem. We will very rarely understand the concern in its entirety, the psychological, annexed, complementary causes. You have back pain, it's probably due to stress, symbolically we say « *Get Your Back Into It* », your job, your situation, your mother-in-law, news, maybe you have a leg smaller than the other by a mere inch affecting the total balance of your body. Suddenly, simple massages, or a sheath will not solve, they will temporarily reduce your weight, your pain, without solving the problem in depth in the long term. Traditional Chinese medicine had a virtue, like Ayurvedic medicine in India (literally « life science ») to apply a holistic approach (holos = whole, global in Greek) integrating all the parameters of the complexion of the human system. Look for the fault in a binary way for this virus and especially to exteriorize it would be like reproaching the warning light for indicating you a breakdown or blaming your garage owner for your overly sporty driving with the gearbox or, in the event of a dry breakdown, your carelessness as to fill up…

In fact, the concern for the coronavirus is much more global! The problem also contains in itself its remedy and its solutions. So, let's try to make a general diagnosis.

This pandemic is the virus of globalization (implying a global era), of the modern system which is interconnected excessively, based on a quantitative growth too often without faith or law, without limit and without real consciousness. Our society feeds on its own bulimia: a hyper consumerist society at all levels: energies, emotions, food ... It has even been a cult, for half a century, in this frenzy of « forbidden to forbid », after so many frustrations related to the lack due to other injustices that were the wars (first and second world war, the latter being essentially the consequence of the first but also and especially of the stock market crash of 1929, particularly in Europe but also in the world by its colonies the premises of globalization) and, from there, rationing, deprivation ... Since the 1960s, our system has started to have some symptoms, some migraines, some fevers: oil shocks, relocation, privatization of many sectors (medical, educational ...) in 1979 with the iron lady who opened Pandora's box, then actor Ronald Reagan almost stole her the spotlight. He played his role well as the main actor in the game and at the same time the supporting role, even subtly just as a spectator and assistant of the invisible « super heroes », or let's say in the masquerade that was going to be played. Then before we hear « cut, we start again », under the satisfied look of the director, reinforced by the co-directors, everything quickly accelerated without many understanding the extent of the damage or the story board.
Beyond that, the writers have become more and more creative and inventive, accelerating the supply and demand, audience and casting patterns, even creating a season 2, then 3, then 4… in a series that seems to be endless with always more of action, of violence, of sex sometimes making the film on the verge of vulgarity and not recommended for those under 16 and sensitive souls. But human nature means that, psychologically, our gaze is sometimes attracted in spite of us by what scares us, producing a kind of adrenaline, dopamine in suspense, and thus, an unhealthy addiction to this kind of dramaturgy. Yes, the audience has grown; in 1960, we were 3 billion: 6 billion eyes, with an impossibility to count the number of one-eyed people or blinds; or to visualize some in « their bushes » (qualified as such by those who count), in their remote worlds, all the more that at the start the TV was in black and white, then a flat screen, High Definition and until now 3Dimensions; no need to move, there you are! Bearing in mind that not everyone can afford to do so. Then at the potential box office, there were 4 billion in 1975, 5 in 1984, the year the cowboy the cowherd boy, Ronald Reagan led his herd to the slaughterhouse. That same year, when two eyes of a little boy flooded with tears would reverberate in those of another with a belly as large as his head, flies in his eyes, those empty looks during the famine in Ethiopia which overwhelm a whole world. This little blond head from the north filled with empty looks from the south, and at the same time piercing, the small screen, piercing his heart, piercing his sight and thereby indicating to him a certain inconsistency as regards this world of grown-ups from which he will pass a much of his life trying to understand and forgive, trying to take a seat there as he could not trust him by feeling so lonely and a mere spectator or a poor extras. Today I know that I was far from the only one to raise these images, unbearable, helpless. So, let's all remember that together, in group therapy, the face of the one-eyed, filthy beast, faceless if not our blind system from which we suffer so much in almost all! If it didn't touch us anymore, we would have sunk in tears from the sea, in bitter tears.

Now I am convinced that 99.999999999% of humanity returning these images could not remain indifferent without which we would have become machines or the living dead. It is in this sense, without sensationalism that I have a glimmer of hope through all this darkness, sorry to be serious, but at this hour of listening, I cannot be very entertaining ... Especially since I can also speak of tears of joy through the small screen. In the news, we tend to show only the negative things, as if the good news is not important or not so serious. I have one in mind and invite everyone to try the experience if they want to cry with joy. This famous video with the song of the great JJ Goldman « Juste après » (originally in French, meaning « Just After ») available on YouTube. I discovered it one summer night studded with stars, in the south of France, on the night of the zapping in 1994. Hundreds of people who hold their breath, hearts beating together, then a real liberation and the room crying. Even Sébastien, the brother of my best friend, the one who had, a priori, never cried, even as a kid, at the funeral of his grandmother. So much so that for a long time I wondered if
he had cried at birth. He was older, 18 years old but God knows that teenager, it's a shame to cry. The energy in the room was palpable. In the open-air enclosure, there was an emotion like a single Man, a single heart that pounding reassuring me in beautiful stories of potential and « co-write » because the intensity of emotions is even more displayed when we share them. This song and its video depict how a person can manage their wise peaceful fight for life. She is a midwife who tries to revive a baby with all her unconditional love, determination and self-control.

So, I'm going to be told, but life is not just Hollywood, cinema ... No, this scene must, most likely, be played out now in other forms of scenarios all over the world, these anonymous people who treat planet ailment, blindness without regard to color, corona or other less known... I know that life is not really a film, even if we are all actors; all my childhood, the mistress never stopped calling me to order « stop playing clown ». I tried as much as I could to romanticize life, without telling a story to people, but by creating stories, fairy tales, « fair tales » also where the heroes in my head came out under the spotlight, to be applauded and greet the audience. In each of us there is a hero who can get up from his cinema chair, from his comfortable sofa to be an actor and co-writer. I have extras in my local performance hall that personally inspire me and that I admire every day.

I invite as many people as possible to look at the greatness of the anonymous man brought to light through art. Criticism is easy, art is easy. Second homage and tribute to the medical profession (homage word in which we can hear and see confused « homo » in Latin that’s to say « Man » (« homme » in French) and « Home » in English, subtly implied, our human natural home, and also the Primordial sound AUM). So even if we don’t like Goldman, a question of taste and colors that cannot be discussed, let’s ignore, « do not throw out the bathwater with the baby » (and also conversely!). Or even more subtly, let's not burn certain books on the pretext that some chapters or paragraphs bother us or that we have not understood. It is wise to read beyond the simple lines, the common thread without losing the thread (of Arian). Some may say to themselves: « But it is not done to put a hyperlink in a work, it is not very professional! » Sorry, I am not too conventional given the urgency of the situation and the expected result. The end sometimes justifies the means. Besides, I claim my amateurism, my uninhibited spontaneity. I invite everyone to sing out of tune if he loves it, the quest for quantitative performance has skewed a lot of qualitative results which are not known ... This will be part of the healing process, I am sure, to try things not conventional. A simple example: using a poor clown to make sick children laugh at the hospital, not only to make them forget their worries for an instant but in a sincere subtle operational method of care, since the state of mind plays a role a prominent place in the healing process! The pasta necklace of your little 5-year-old treasure who cannot yet read and embraces you with his most sincere and unconditional love. Solar love: Soul art Love**, for Father's Day or Mother's Day and who does not look like big- thing in absolute terms, isn't it exceptional!? 15
** NB: [It is impossible to translate the original French text, with the term « Amour », literally « Love », as the author plays on the sound « Ame-Our »: it would be something like « Soul-Divine Light », as Our/Aur/Nour (in Hebrew or Arabic means « Light » with capital letter : the divine Light, not the vile one from photons, the divine Light is the real Our/gold that a true alchemist is looking for. And AUR/OUR (the divine Light) has the same sound in French than « or » which means « gold » creating the confusion on the form and on the content! The materialist perception of the idea an alchemist is looking for gold, thereby money is wrong, in the light of knowledge, the real quest is the research of the subtle divine Light that we can call Love, Light, Unity…). This impossibility of translating certain ideas or words is the pure essence of the teaching of the book and other holy books. It highlights the sentence of Rumi saying: « Silence is the language of God, all else is poor translation. » and also « The truth was a mirror in the hands of God. It fell, and broke into pieces. Everybody took a piece of it, and they looked at it and thought they had the truth.»]

https://www.youtube.com/watch?v=_frx5Yi1Ukg

I invite anyone who thirsts for treasure and enough freediving to go to the depths of the tears of the sea (the bitter) to find such pearls. I would not advise passing (this video), even if it is good, because some bad minds would tax me to promote certain substances. Personally, I don't touch anything, except that! I shoot myself with the beauty of the living!

Small legal and moral mentions (to be taken in the Nth degree), I clarify by transparency that I do not touch any royalties (Royal Tease!) of potential new sales on this song, or otherwise I touch from a distance this goodness that fills me with this famous subtle « GOLD » in « AUR = OUR = NOUR = OR » alchemy (as previously explained « OUR » ** in Hebrew, « NOUR » in Arabic, same root requires!) literally « Light » (not that of photons, but the 5th element, ether, Qi, Ki, Prana ...). I would point out for any recovery, spoliation, that beauty is in the eye of the beholder, but this like a double-edged knife is reversible. As lucidly said: « The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, 23 but if your eye is bad, your whole body will be full of darkness. »

When I watch this video again, I have chills that give me wings, which lift me up (me the modest eternal student of life); it is the other, in its greatest goodness and beauty that activates our capacity by mimicry and inspiration to co-perform miracles. Sacred « course in miracles »! Course is a way and a path: a teaching
and an endless route… for which harmony occurs on the road not only at the destination… Small subliminal 
touch!

BE CAREFUL: subliminal messages have crept in despite the law prohibiting the insertion of a 25th image 
per second to work without our knowledge on our unconscious ... It is strongly advised to read and reread 
with care and vigilance between the lines and thus to beyond this pseudo artistic essay by linking this to the 
reading and the light of the Great Book of Life and that, even for the blind, because a special decryption 
and encoding is available to you), an audio version is also available and in progress.

As Marianne Williamson so graciously highlighted it (« a woman like no two men » as my grandfather used 
to say): « As we let our own light shine, we unconsciously give others permission to do the same. »

So, after this intermission, let's go back to our schedule and program. Wink, one of the keys to finding your 
inner peace remains in activating the master key to recover your child's gaze for two reasons: to marvel at 
the simple pleasures of life (simple as a game as a child, contemplate life « literally » open the temple, 
interior), and also regain its natural candor. Wisdom taught multiple times throughout history; suddenly, so 
as not to advertise, in this intermission (so as not to segment, to lose part of the audience of the genre: « it's 
oriented, it's not objective », (well indeed, nothing and nobody is never really objective except maybe the 
machines and again), I will not mention brand, name, just the essence. If it is beautiful in absolute terms, if 
your thirst is quenched by a glass of l water of the river in which you never bathe twice, without the current 
making you drink the cup, why necessarily know the source?: « Let the little children come to me, and do 
not hinder them, for the kingdom of heaven belongs to such as these. »

Break over, « Silence, lights, camera, action, let’s play! »

Then, « behind the scenes », the highlight of the show or let’s say the show stopper for this young child, 
traumatized by these nameless eyes, a year later (1985), eyes that will have one for the duty of memory 
Omayra Sanchez, a little Colombian girl filmed getting bogged down. This child lost that day, a friend and 
a blind faith, in the adult system, their stories were too scary, too bad, he did not understand their rules.

Teenager still not weaned from the new form of reality TV in its primary forms, the filth appeared again in 
other forms with the famous immortalized photo entitled « the little girl and the vulture » (photographer 
who committed suicide after winning his prize … RIP)… Yes, cancer was also that, the « little window » 
open to the world as Hubert Reeves said, the one who looks through the keyhole of a burning building,
without opening the door, the doors of 'other horizons shown as violent always pushing the spectator to cloister at home very comfortably and in the end to be satisfied with his sometimes average life because there was much worse elsewhere.

« These eyes seen by my own eyes seen » are, despite the years and the age, etched, indelible, a tattoo for life never to forget. Was it necessary to film these 3 days and 3 nights of agony of the little angel Omayra? Was it necessary to shoot in Ethiopia then in Sudan, Somalia, Eritrea ...? Perhaps for the duty of memory? Injecting yourself with the disease strengthens your immune system, especially as it must be dissociated, the case of little Omayra which was of natural consequences, not Ethiopia or Sudan ...

In the year 2000, we were 6 billion, in 2010, 7 billion, today 7.7 billion according to the organizers not according to the police. I am not saying that population growth has accentuated the disorder; or if so, only due to quantitative growth without a qualitative dimension: the distribution of wealth, access to education and the mode of production. Yes, the planet is overcrowded if we base ourselves on our current western way of life (« Occident which oxidizes », Occident dies, and dyes with its true color: Real Eyes, Realize, Real Lies from Big blind adults in the humid innocent child eyes), but in an entirely different pattern of « happy sobriety » of qualitative growth, there would even seem to be still plenty of room.

I'm not saying that the events of May 68 (the phenomenon) did not bring anything good, on the contrary, it had announced a new era, based on more social justice, more freedom, a partial opening of consciences ...

But the concern is that as reminds us of traditional Chinese wisdom with Yin and Yang, there is always a touch of « negative » in the « positive » and vice versa, especially since these concepts remain subjective. Especially since even if an idea is initially bright, most of the time it is, to varying degrees, perverted over time; somehow it is eroding. Gradually, we were drawn to a subtly vicious parallel with a confusion between pleasure and happiness, presented as synonyms. The first emanating from the outside world, of a punctual well-being but which feeds on its wolf hunger, in a sort of « more of more »: more money, more power, more conquests, more medals , but less time... more possession, possessed by possession, more with all its reverses to supplant being by having, being to appear (by being up here), not to be and no longer to be truly in the reference of « I think therefore I am » and thus disappear (« dishap here » or « mishap here » in a certain extent or reduction) because we forgot then what we forgot. Happiness is linked to harmony, it is an inner fulfillment which, once all the veils of illusion are lifted, the interior cleaning done, the dome is ready to receive life with open arms, without any dependence on anything. it is neither to anyone. My father recently, who seemed embarrassed and confused that I reminded him of this rapid and short history told me « we saw nothing coming ». 
I do not doubt it, dad, step by step, the big black screen prevents us and especially drunk with crazy dancing, we lose our feet and sometimes we forget time unconsciously, I am fully aware of this. Besides, I'm not judging, does a psychoanalyst judge his patient? Especially since I am necessarily disturbed like any person of « normally » constituted. In the profession, shrinks must be analyzed regularly by colleagues! By these words, I also wash my own ailments, this writing is psychoanalysis or the fact of saying, or writing exorcises, energetically and emotionally discharges a weight to then reach more inner peace, and thus rise (individually and after or in parallel collectively).

Therefore, the evolution of the disease of our « civilization », if indeed this word still has a meaning, at a noble level, has been as follows:

First, a quest for growth and performance always exponential then gradually a takeover of money, through multinationals, led by financial groups, often blind and anonymous shareholders creating a Frankenstein. Very quickly, the states, the nations lost their sovereignties and became for the most part the puppets of this inhuman machine which our system represents. The latter, this Frankenstein, is an inhuman beast created by humans collectively. It feeds on profit too often blindly without taking human conditions into account, without respect for nature and the collective good in absolute terms. But the worst part is that in less than half a century, it has become normal, something irrevocable, like a kind of fatality! Today, what do we see? Our purses are unscrewing, our economies are on the brink because everything is interconnected and entangled. We are all dependent on each other and essentially on the workshop of the world, China. When you think that the Middle Empire produces between 70-90% of medicines in Europe, this is worrying. The base of a professional buyer, even a junior, knows that you never put all your eggs in one basket. Any student knows that B.A-BA is about diversifying your sources of supply to avoid the risks of putting all your eggs in one basket. And God knows that in my personal case, I have to walk on eggs saying that. But beyond this borderless, limitless systemic machine, is full of bugs, inconsistencies, always in the name of profit. When simple tomatoes (gently thrown in the face of poor actors on the scene of despair for the sole purpose, here, to remind them of the reason) produced in Spain are sold in Poland and at the same time other tomatoes grown in Poland are distributed in Spain, does that make sense? This creates more pollution in the name of the large supply so that we consume more. Is it reasonable to import non-seasonal products because the consumer demands strawberries in winter, generating a multitude of excess of all kinds? Examples like these there are thousands, millions… To tell the truth, we were made to believe that this system was ultra-stable. Besides, we are only talking about that, all economists only aspire to sustainable growth! But how ? It is basically impossible !
Squaring the circle of our system is based on exponential and endless growth. Do the trees go up to the sky? No, nature reminds us to order, nothing can grow quantitatively this way. Likewise, on an individual scale, do you increase your number of meals each day or each month as well as the portions? If this were the case, your health capital would have a countdown, in accelerated mode of the order of the year (not sabbatical, which would not be easy, otherwise yes eternal: sabbath etymologically means « to stop, dismiss, rest » borrowed from Genesis). Especially since the economic and financial system is based on:

1-trust

2-growth, itself artificially stimulated and stimulated by:

3-debt.

Let us focus on this third component: debt! It constitutes a kind of illusionary perfusion, the richest countries, USA and China at the head are the most indebted? Compared to whom? Moderately wealthy? To the poor? No, they themselves are also very indebted, but compared to whom then? Wind, emptiness, vacuum! This is the major problem. The world debt is 225% of world GDP (Gross Domestic Product), roughly speaking, the planet earns 1000 euros per month but spends 2250 euros. But with what money? Martians, lunars ...? The debt is (be careful! Please fasten your seat belts, we are going through a zone of turbulence!) « A speculation of potential future growth ». Go explain this to your banker tomorrow, you will see if they will give you a loan and if he has humor (black)!

Another extremely worrying point is the following. After 2008, although there was virtually no corrective dimension to the crisis, a relatively low-key and even opaque society offered support to the American government. Black Rock aside from the fact that they represent the biggest investor in all sectors, including many projects like the privatization of pensions, has set up an incredible machine. Software called Aladdin, which basically centralizes, processes a phenomenal amount of information in order to establish statistics on potential market risks. However, this company is, at the same time that which warns, (roughly the « weather madam » of finance) and it also has marbles in many capitals of many multinationals! When it comes to casinos, some people express doubts about their ability not to influence stock market prices through their advice and interests. In my view, humanly speaking, it is worrying that the fate of the planet, in terms of financial health, rests in the « hands », if I may say so, of a giant machine.

This is almost the scenario of a good science fiction thriller and, de facto, that already exists. It is called « Simulacron3 » and dates from the 60s. Basically, a probability simulator for which the enigma (without spoiling the place) leads us to the discovery that we are ourselves in a SIM type simulation. This scientific
theory by the way was launched on the scene in 2013 by a Swedish man, but that is another debate. Personally, I’ve always said in derision, that in this simulation. I was programmed not to believe in this postulate which rests on nothing. Even if, in terms of probabilities, Elon Musk declared: « there was a one in a billion chance that we were living in reality. » To decipher in the other direction, there are 999 999 999 999 chances on a billion so that we live in a simulation, a matrix. Just like some have said the Matrix is not a film but a documentary. But let's come back to our more down to earth reality if I can say, more seriously, yes a simulation impacts the stock market, the market, hence the real economy: your purchasing power, your pensions, your hospitals, your schools … It's almost SIM city! So, maybe we have the right to change the rules of the game, to say GAME OVER, well in our simulation if it is real free for us to change it, isn't it, if I'm the logic! « It's not possible! »

Some people will think. Indeed, this is not acceptable, but it is nevertheless the sad reality. Fortunately, that the reality TV among others, « perfuse » a large mass to avoid that it is aware of all this. By ethics, I always start my finance courses in Master MBA by asking my students if they prefer the blue or red pill, just to pass the pill, with a little humor, everything always goes better, everything can be said and heard, by the quote from Henry Ford (father of Fordism and the car brand). « It is fortunate that the people of the nation do not understand our banking and monetary system, because if that were the case, I believe that there would be a revolution before tomorrow morning. » This little phrase is more than half a century old; one can imagine that the situation has evolved (no need for me to qualify it). I just say, intimately I am afraid of a revolution, I aspire to an evolution: individual and collective. A revolution is often blind, poorly organized, which inevitably leads to an unprecedented number of injustices. Personally, the peaceful actions of Gandhi, Martin Luther King and other Nelson Mandela, are in my opinion wiser and above all clearly more effective.

I studied finance at a high level precisely for that, play a Trojan horse and then testify. I have no action, no placement in something that would benefit from everything collapsing of course … nothing! I do not touch what is called usury, basically making money with money, which has always been combated by all religious and social ethics before, perhaps partially, to be made bought … I am not saying that trade business is bad or the banking system … Not at all, just like for the knife, it depends on its use and its user. The enlightened motto of the society of which I am « co-creator » emanates from a lucid philosopher of the Enlightenment, Montesquieu: « The history of trade is that of communication and exchange with peoples. » However « Science without conscience is only ruin of the soul » as warned the great writer and doctor of The Renaissance Rabelais, him who in the XVIth century in his pantagruelic hunger as well as his unalterable thirst for justice and utopia pointed out, already at the time, insatiable greed, of a form of (in) human nature.
Thus, by enlargement and contagion, trade-finance without conscience is only ruin of the soul. This is also valid at the level of the social and societal dimension and by that very religious which we will approach in the third axis of our diagnosis (« Gnosis » in Greek means « knowledge », corresponding also to the Christian esotericism, which symbolizes « knowledge » for those who know implying The Primordial Tradition (a kind of common trunk of the Tree of Life of knowledge: each current representing a branch but all of them being fed by the same sap...).

Suddenly our economic system is based on confidence: « have confidence... your eyelids are heavy... ». Without hypnosis and the technique of falling asleep: « with it's too complicated for you, it's something learned » as well as the ancestral method of bread and games (or bread and circus), it's more than an perfusion, it's general anesthesia which makes a lot of people addicted, vegetative, or otherwise overexcited, insane ...

Some will think that I am in the conspiracy; in no way, I invite anyone to check everything. The current French Prime Minister has cited a somewhat technical but referring work on the subject a dozen times. He even said « you will think I only read that book » so he hammered it. This famous book is called « The Collapse » by Jared Diamond. Basically, it depicts the fall of ancient civilizations by comparing our climate and economic situation. So, conspiracy? No, on the contrary, since even the Prime Minister of the 6th worldwide power seems to be aware, the Minister of Ecology has only kept alerting but in vain: Nicolas Hulot (or Yves Cochin that we take him for a sweet illuminated). He also resigned, disgusted because he was helpless. Many of them (among politicians) would like to do well but the Frankenstein is so powerful that he does not want to let go of his position : lobbies, financial barons ... So, it is sure that it is boring to hear, it. It is also annoying to undermine morale, the confidence of the market but a moment ago, we will not blame the mirror for reflecting the ugliness of the system. The response may be the quality of the reflection: opaque, distorted mirror...

If that's the case, then let's be more transparent, let's put all the cards on the table. Let’s drop the masks, the masks of the masquerade that is being played on us. That plays at the casino and Russian roulette with the money that most people do not even have or more ... It is a game that « I do not really enjoy ». I would rather play a more cerebral, more interesting, more serious game, a game for consenting adults and not a game of unconscious spoiled brat kids. In these childish things, I would like to say, I will tell the mistress, or the master, but where are they? Adam Smith, Keynes, Karl Marks… don't you turn around in your graves when it is so grave and that the masks fall?! They will say to me, what do you suggest, clever, teacher’s pet or rebel, heckler!? This is just a giant brainstorming to together find the solutions and methods to access
them, because they do not exist in one person, in one head, even well done, neither in the past nor in the present but in the conditional, in the collective unconscious. It is the ancestral Chinese philosophy, world heritage of humanity which taught me, in the school of life, in the school of common sense, the common sense (commONE sense) of « unity is strength », to which I like to add « union creates » and « YOUnity is strength to stimulate YOUnion ».

As a result, it is an endless labyrinth, an amazing maze, an ambitious new deal, let's say it is! There is « well » an end, a purpose and also a deadline because it is nature that makes, then, countdown. Each year, we are increasingly cutting back on our time credit, we are told that arriving on September 1, we have consumed our planetary energy potential (this is called « day of passing », no excess fees or fishtail but more credit, let's say scrappage credit), then the following year, we lose 15 days; there, we will be in mid-July in 2020, roughly July 14 to commemorate the French Revolution ... We take a credit?! Someone normally made up, rational, down to earth must say « but who is the creditor? » « When are we going to reimburse? » « And above all at what rates? » The rates become almost vulgarly, a rape thereby abusing Mother Earth: the nature, in the violation of her resources. Maybe the coronavirus is a slate, an unpaid prescription! Who knows!?

And the concern is not so much that there is growth, it is that it is quantitative and not qualitative, namely dirty, without respect for nature: we are destroying our ecosystem like never in 50 years. I would say something like causing the biggest mass extinction since the dinosaurs. I do not believe the rate of destruction 50 years ago is comparable. We have decimated 40% of species, we consume in such a way (polluting) without worrying about tomorrow otherwise it would be a sign of stagnation, at worst, recession and therefore the end of our modern world. And even for the most reckless if he takes drastic measures, a 180-degree turn, he goes straight into the ditch, he will not be re-elected. Who will then finance his re-election campaign? The non-profit associations which deplore the abuses of many dirty multinationals?! It leaves you thinking! In addition, one country alone can unfortunately do little. It is on an individual scale, the same principle applies. The poor farmer who tries to produce organic, while his neighbor uses pesticides excessively in order to massify his yield and hence his profits. Unfortunately, the water tables do not stop at human walls, fences, or borders ... This phenomenon is on any scale: individual, collective, state, global, globalized...

Cancer, generalized to all members of the organism of our system, is essentially due to greed without respect for life, the ignorance of which allows this to be perpetrated for too long. Einstein said: « the world is dangerous to live not because of those who do evil but because of those who watch and let go ».
Why ignorance? Because the bread and games technique has never been more important. We are intoxicated with variety, sports, mind-boggling entertainment such as reality TV where we highlight people too often without flavor, without value ... I'm not saying that we should reject fun; far from it, the goal is not at all to masturbate cerebral (oops! I did not warn the « forbidden to under 18s », ok yellow card, I'll play fair the second I get out of the game) without stops but a good mix, a good balance: a little entertainment, a little culture, a little art…

Alright, sorry I did not want you have an Art attack, take care sweet heart!!

Sorry, bad humor is subjective, there is no fault, except taste or heaviness, I will refocus and recuperate myself) a little refocusing on oneself, on one's family, loved ones, on the world, the state of it and the fact of questioning our existence, the meaning of life, the meaning of our lives if they still have any. Three small quotes, just to re-credit me by boosting my confidence capital and thus to make me believe that I am an intellectual minimum (meaningless term, literally « which is linked to the intellect », to the spirit, or even a pure football player does not play only with his feet but with his whole body and his technique in this case his head and his brain ...).

Vaclav Havel said in an intimate way: « The tragic element for modern man is not that he ignores the meaning of his life, but that it bothers him less and less ». As for the excellent Joseph Campbell, he said: « I don't believe people are looking for the meaning of life as much as they are looking for the experience of being alive. »

Finally, again to highlight, the darkness through the contemporary technique of « bread and games » (or bread and circus) Aldous Huxley (died more than half a century ago) said: « The perfect dictatorship would have the appearance of a democracy, but would basically be a prison without walls in which the prisoners would not even dream of escaping. It would essentially be a system of slavery where, through consumption and entertainment, the slaves would love their servitudes. »

Now the latter was not a conspiratorialist, just an awakened one, someone lucid and visionary; by extrapolation of what he saw, he managed to project himself on what we are going through and ultimately let things go and accepted. As we say « who does not say a word, consents ». Yes, it is horrible to say and to hear, but we are all responsible, we are co-responsible even those who do their best and there are many Eco-responsible… simple anonymous people who work in the shadows of others who are more in the spotlight, in the light ... But what light? I am thinking of the whistleblowers or freedoms, on the climate ..., on the latter who for some are spoilers, undermining the morale of whom we blame their skepticism, just like the hideous person, would reproach the mirror of reflecting his ugliness.
And unfortunately often even those who are perceived as vigilantes, those who sacrificed their lives, in the name of ideals, who are prisoners, condemned to death for wanting to denounce injustices and highlight the obscurity of our system, they are heroes only for the time of a film or a short film. We forget, we forget them, we resume our normal activities, normally, the norm, seeing that everything has been perfectly orchestrated so that we feel alone, helpless in front of the machine of our system which creates just the bitterness title of many, creating excesses, extremes, violence. But actions generate reactions and often chain, because too enslaved, chained by an alienating system, literally « alienus »: strangers, to ourselves. It makes the other a stranger, a threat in this world based on competition, a rarity, a pyramid which cannot remain stable, at its top only if its laborious base is wide and supports the weight of the upper floors. And the worst part, even in these so-called heroes, those who, for example, warned that the Frankenstein was creating, not a Big Brother, but a Big Data, is that ok a lot of us now know, and what next?! Nothing!

A large majority continues, as if nothing had happened; we have never disclosed so much information ready to file, segment, classify in small boxes, and small hamster wheels. We blame on the one hand the invasion of privacy, the cameras (CCTV) and in parallel so many people reveal everything and anything without restraint, without modesty, thirsty for love, likes, illusions to be connected to the world but in the end often just another world, a virtual world. The illusory hyper connection has often disconnected us from ourselves individually, from our families, from our real friends, from our deepest freedom, that of being free from materiality, of telling ourselves that we can go walking in the forest two hours without our pain because there will be no network. As a paradox our « mobiles » (which we can move) have too often frozen our heads on our screens, preventing us from raising our heads, our heads in the stars and admiring the « natural geode » again : the sky vault so inspiring at night: all these constellations of stars (of beings / souls) often blurred by urban light pollution, and by day of a potential corner of blue sky… Our system has parked us more and more in cities, putting bitumen everywhere, without real access to nature (even if a good number of town planners try, as they can, to create parks…).

The connection to the earth, to the energies of nature, our true nature, for most of us, we have lost it! Buildings, tarmac in every way, waves that overwhelm us every day. It's like trying to do yoga with armor from the Middle Ages, is it practical? Is it comfortable? Let's say that these are not the best conditions to be serene, in harmony. I am in no way criticizing progress and advocating a return to the cave age, far from it. There is good and bad in everything, this is what Chinese wisdom from another time teaches, in Taoism through Yin and Yang. Progress is only real, in my opinion, if it is respectful of nature and of humans in the greatest number, without which we cannot call it « progress » or growth. Hence my nuance with the opposition of our current world essentially based on quantitative growth (figures, profit cost than cost, blind,
freewheeling, without regard for nature and the human condition) and qualitative growth: aspire to become a beautiful person, work on oneself to accept and improve oneself. Practice empathy and more tolerance, open up to others, help even on a small scale, be benevolent, make life sweeter, even if the system has caused many to participate, at times, in acts of physical and / or psychological violence…

A qualitative growth, in the sense of a life in harmony: in education, in politics, in commerce, in respect for nature: green energies ... But, without excusing them, these are partially the consequences of the educational conditions of our system. Our societal system of excessive competition is violent! Anyone who is normally incorporated, working in a company, any corporation knows and experiences it on a daily basis. New diseases of overwork, burn out, depression, mass suicide because there is always more pressure, as the pressure is empirical and pyramidal. Your superior releases his same pressure and from there you press it like a virus to your subordinates. We reduce the workforce, the budgets, we lower the quality of work, advocating efficiency to always massify profitability further. In a society in crisis since 2008, the bonuses (bon = good (in French) uses?!) of the multinationals have never been so important. We are in a variable speed society: a priori not everyone has the right to the same highways, nor to certain sports cars. Some people struggle to move their mule, as best they can, on dirt roads, or makeshift rafts made of recovered plastic to cross the so-called natural (because baptized by man as such) and other so-called terrestrial borders.

Let's continue in the diagnosis of different disorders. Today the term « work » has taken on its meaning for a large majority of people on the planet « Tripalium » in Latin, is an instrument of torture and it is found in most languages « plowing » in English, Labor, laborious means although it is painful. In Hebrew it is even more evocative: « Eved » and « Avoda », « work » and « slave » have the same roots (ah wish, Eved, a relationship with Eve from the eternal Garden of Eden, the so-saying a sinner who would have tasted the tree of knowledge, then driven out of paradise because now aware of her body and her vulnerability to time ... between « myths » or reality!) ... that says a lot. So many people have, without denigrating, on the contrary I pity them and share their grief, « bullshit jobs », jobs which are literally « shit », mind-numbing, robots, not fulfilling. I am even thinking of the tertiary sector, call centers, in open space, real chicken coops where people are pressurized by the result, the number, the number, like numbers, constantly insulted by those who receive their calls, the preparers orders for large retail chains that give them virtual masters: machines that speak to them and give them orders, codes for fetching products from labyrinths (reminiscent of the myth of the minotaur) of logistics warehouses. The testimonies are terrifying, people declare that they are going crazy! And again, it's in the so-called « developed » countries, the rich countries as they are « qualified »!
I have spent my life visiting factories around the world for 16 years, not once, I did not have a twinge of heart and a thought for my grandmother who worked in the garment factory. Fordism which I explain to my students as follows: « What the human has created the most inhuman » human machines, repetitive, forbidding, continuous tasks, in rhythm to mass the efficiency and to produce always more and faster (fast and furious!). So suddenly, many do not live but survive. Work is just food, their only ray of sunshine is their weekends and evenings, vacations when they can afford to leave, flee or not. So, their only exit from the tunnel seems to remain retirement! You amaze me that people rebel when you want to extend their sentence to additional years without trial/judgement: « But why? What did I do !? » As a result, certain ruling or affluent classes, certain modern white-collar slaves who run 12-15 hours a day and do not see their family or their life, do not understand them, the Stakhanovists of the effort! It’s very simplistic because I’m aware that it’s not as binary, it’s just to react as an electric shock.

This medical tool supposed to reactivate the heart that we seem to have forgotten. So a little wisdom, I'm going to quote a man I can't talk about in the country where I work and teach for more than 10 years, the middle empire namely the Dalai Lama who said something that always upset me : « What surprises me most about humanity is man. He sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies never having really lived. »

Why can I never quote this gentleman (forbidden to quote him in the forbidden city)? Why do I take a risk by doing it systematically yet? Because what he says is right, and beautiful! Yes, it awakens people and suddenly worries about certain forms of obscurity in the world system. Criticizing the system makes you a dissident, a terrorist who terrorizes the establishment! Is this normal!? Is it normal to be punished for saying reasoned things, going in the direction of individual and collective harmony? When you search for the most touching books that have opened the hearts and minds of people worldwide and you find yourself in the top 50, 5-6 are from this man! Over 10% of this fugitive's works have opened the hearts and minds of people on the planet! Has it become a crime against humanity! Isn't that a problem!? It must be explained again; the « 40-spring kid » that I am no longer understands anything about these games of « grown-ups » that still exceed me! I am tired of holding, if I may say, « I can’t keep my cant », it is too heavy and too degrading. We know that when we talk too much, we disappear unless we are really supported. If we are united, united in a peaceful, pragmatic goal and as we lead a « fight » let's say a fight: peacefully, in forgiveness and goodness: Martin Luther King, Gandhi, Nelson Mandela, I will never stop quoting them over and over again ... These people who are heroes, modern secular prophets and true practitioners in my noble sense: to put into practice his goodness towards his neighbor in light of a more harmonious society.
To return to this crucial point of strenuousness at work because it is not trivial, I always say to my employees: « It is important that you feel good at the office with your colleagues because you spend as much time there as at home with your family. » So it goes without saying that I am, one can no longer be aware that I am part of an extreme minority which has the luxury of being able to do what it likes and to apply and teach the widely forgotten Confucian Chinese philosophy: « Choose a job that you like and you will not have to work a single day of your life ». And this is my altruism, although I do not drink alcohol, normally we do not consider drinking a bottle of champagne alone. I am, in a non-demagogic way (all my relatives know it), ready to put into play all my advantages and privileges for a new deal of cards because the rules are, in my opinion biased and unfair. You have to know how to be a good player, otherwise if some « cheat », it's not funny and much less fun. Yes, I dream of a future board game and it is all my investment in my « educational experimental laboratory » in Bali, at the orphanage of a new way of teaching, by detecting the talents and the centers of interests of individuals, then from there, put in place tools, strategies like goals, methodologies to apply my philosophy of the little prince: « turn your life into a dream and this dream into reality ».

There is a treasure in each of us. The primary energy resource of tomorrow will be « gray matter », « creativity » as I said before. The greatest number have much more to gain than in a segmentation of knowledge and a monopoly of knowledge which would then become « Knowledge », a vast concept referring among other things to the Primordial Tradition of René Guenon. But let's not complicate, it's just as easy as child's play since it is common sense. And all this always revolves around the same axis: qualitative growth in consciousness rather than blind quantitative insofar as I have met so many « golden boys » (people in the so-called financial « success »), remarkable careers, armored with diplomas but who, when approaching retirement, feel so empty, when they would be supposed to rest peacefully because they are fulfilled (like after a good busy day, we appreciate sitting down, then later going to bed) and literally retire for a new life. As Elif Shafak, a great Turkish-French intellectual and philosopher, so beautifully put it: « No matter who we are and where we live, deep inside we all feel incomplete. It is like having lost something and experiencing the need to find it back. What is this "something"? Most of us will never find it. And among those who succeed, even rarer are those who go on its quest. »

However, my humble works, my modest teachings, all my reason for being ... modestly and on my small scale try to help the other to find this missing part, this famous « something ». Personally I was lucky to find a treasure and simply wish to share it and help in the technique for adventurers, a little players and other treasure hunters, because in this dimension, the rarity, base of our system, does not exist (to exist = to segment) more because it is a question of unity and therefore of abundance…
So let's not go into too much philosophy or prose, let's get back to more down-to-earth considerations because in this system, as soon as you start to daydream, to question, you are very quickly put on the benches of the accused: dreamers, lunar, illuminated ... let's say for the most charming terms if I may say so.

Everything is done to optimize and mass production and consumption and thus, ultimately, profit. So, we created in all normality reduced qualities for a renewal market: programmed obsolescence, basically your electronic device has a countdown, 2 years, 3 years ... and then we do not repair any more. Well, no, it's more expensive and we killed these professions: shoemakers... etc! What creates even more waste, production, use of natural resources: rare earths (whose holdings are comparable to the passage of the « Neger of Suriname » in « Candide » « it is at this price that you eat sugar in Europe », or worse than modern « Germain » from the French author Emilie Zola). It is the same for clothes, fashion, today it’s good, tomorrow it sucks, after tomorrow it's « Re – good » (good again), it's vintage, it's cool, it's IN, and in the IN and OUT that makes our heads spin, we get lost. The textile qualities have been revised downwards for what is called « fast fashion » fast fashion (not fasting fashion, having a double meaning in English « fast »), yes, cheaper per unit, so we expand what is called the « average basket » while the wallet is not stretching (elastic). It's the same in decor, not to mention the Nordic giant among many others. So, I'm fighting against windmills, for years to promote eco-friendly, equitable products in vain, since it's more expensive. Then suddenly an opinion leader said it was trendy, so like sheep we all have to get started. This is positive but purely commercial because in addition when you have only one item in your assortment and the rest is not, personally as a consumer it highlights all the others.

Apparently, we are not a little faithful, or a little pregnant! In addition, it is not really standardized, each good idea has its perversion, without mentioning this country, since I cannot do too much, many launch productions of plastic bottles because they have subsidies to create recycled. Imagine! Similarly, in France and throughout the European Union without going far, carbon taxes pay off large groups. What do you mean? It is simple, their quotas are higher than their need, so they have the right to resell their surplus! How could such intelligent Brussels technocrats come up with this? Is it the story of the egg and the chicken, where there is supply, there is necessarily demand?! Well, yes there is a kind of schizophrenia: many are aware but not ready or cannot afford to buy eco-friendly, it is the same for organic. While I have always said, organic is a bad joke, it should be normal, it is on other products that should be written « caution danger » and point the finger, demanding their removal. Suddenly, there are glimmers of hope, the textile industry was forced to ban azo, nickels, dangerous chemicals, the equivalent of asbestos in construction there are more 15 years. So, if we were able to impose it, rightly, on textiles, why not on all industries?! What are we waiting for? 10 years, 20 years, that the planet disappears or rather that we disappear?! When
the number 1 country quantitatively, declares becoming even more popular « the American way of life is not negotiable», refusing to sign the Paris agreements of the G20 to participate in the pollution reduction, what can we say? Non-negotiable?!

And if tomorrow China consumes like the USA, it takes 5 planets and if the world consumes like the United States, how many? Little rule of three that a 10-year-old kid could calculate 7.7 billion? USA = 330 million, China = 1.4 billion ... More than twenty! So, in an exponential dimension, 30 years at best 70 years, go even if we have 100 years in front of us in the state with this planet, 100 years / 20 planets = 5 years! What Ends the Demonstration. You do not have to be a genius that graduated from Harvard to understand, it is simple: it is impossible.

It will come gradually but we must still act quickly and widely. Another example, in September 2019, PV (Première Vision, the fashion trade show for trends) revealed that IN would be eco-friendly ... Suddenly, it was the rush, worse than the rush for toilet paper in supermarkets lately. We had been planning this for a long time since we had been offering this offer for years, which was not fashionable at the time because it was too avant-garde. Ah yes, must follow! So, it's not production that leads the dance, but consumption. For the past week, Europe’s payments freeze has been sclerotic. We have been managing the corona crisis with our office in China for more than two months, let's say as best we can. What does it mean?! Money is the nerve of war.

So, the good news in the story, if tomorrow citizen awareness requires the majority of consumption of clean products with transparent follow-up (« production tracking »), like a GPS: a bit like you have screens overlooking the kitchens in some restaurants. Why not?! It’s not China, India, or Bangladesh... no producing country would oppose it, they would apply. But would it be more expensive? Well no, if it is normal, the market will readjust if it does not want to lose market share (share of the pie). But who will pay!? The margins of distributors, brands, ultimately, especially large shareholders in the measure or even the CEO, the purchasing director, the product managers of any brand would not be impacted. And the purchasing power, the portfolio of the housewife under 50 (expression I never understood), it will be heavier, she will be able to buy more, more often, cleaner: whiter than white!!

Well, enough, STOP, industrial marketing, let’s calm down, we see you coming! We will not replace thirst with hunger, nor have it be on dry bread ... we said fast fashion (fast = quick but also stop eating). The final note, well if it is a minority of shareholders, if they have only 120 million dividends per year instead of 240, I think they will recover! To your good heart ladies and gentlemen! « Is that a little Robin Hood your DIY (Do-It-Yourself)!? » Some will think! He’s just teasing (the catchphrase, since I have been thinking and working on a substantive project for 20 years, in my spare time and out of passion…) with my view on
a much larger, structured, strategic project … Good that I did not say that I had an electoral project, oulalala especially not, oh that not, NEVER! I justly officialize « never forever », otherwise I would be a liar. It's written in black and white. I have neither the skills nor the urge to play politics. I have, a limit, a pain for them (politics), and seriously admire whatever they are / were a job 24 hours a day, 7 days a week and also thankless, because most of the time, a majority make them responsible for all evils of the planet…

When I was little, I used to say: « When I grow up, I will be an "ideaer" ». But the grown-ups told me that it didn't exist. So, I explained to these skeptical adults who showed little creativity in the end, that it was precisely the principle and that it was the first step of my work … But many still did not understand so I did not expected to try to be without having real status if I can say, since it does not exist within my company (hence the title with an asterisk, one of the many private jokes in the Nth degree, have fun and put color in a world so often black and white without which it is boring to die). Thus, the basis of transmission in business schools, or our holistic center, is a method called: T.I.P (« tip » = advice, helping hand): Theory Intuition Practice. Basically, this concept, I created, means simply: we learn the theory in books, we put it into practice in the school of life (the truancy also of nature) and beyond we cook our own, we follow our own guidance, our intuition (« I » has the same sound than « eye », implies the eye and in particular 3rd eye, eye of consciousness, eye of Horus (your guidance)... it is a little more advanced) allowing you to individually create your own learning and teaching methods adapted to your own complexion. Well, I got so bored on school benches until I was 18 that I tried to rethink two three neuroscientific techniques based on play rather than dumbness...

Personally, I'm just saying that I have two or three ideas in which everyone has two or three good ideas ... Global brainstorming ... You have to have a little confidence! As in the banking system!

You can think that my thought goes in all directions without sense, but no, it's just that everything is tangled, it is a real bag of knots that you can only untangle a little bit here and there.

But, if I had to structure and synthesize more, I would say that we are living a vicious triptych on three levels:

1-economic-financial which constitutes the engine and the structure, the base; of the

2-social-societal, constituting human goods: labor and consumption, also working on the rules, the building, the institutions etc then
3 - nature representing the fuel but which, as it stands, uses only limited energies and limits the harmony of our planet, killing it, gradually destroying all forms of life, even ours in the long run.

How many people die from pollution every year? Air, food, gas emissions accelerating cataclysms, lack (malnutrition) and excess (obesity) ... Do you have an idea? thousands? millions...? I have been trying to find these numbers for years but I have never been able to do so (especially since they must increase exponentially). I tried to compile them. That said, my results would be too disgusting, and I would prefer that they be wrong so, out of modesty, I will abstain.

So, what is happening today with the corona virus is the direct and indirect consequence of all this. I titled « Coronapocalypse » by playing, if I may say so, on words, even on evils [NB: in original text, the author plays on the same sound « mot » and « maux » meaning respectively « word » and « pain »] using evil to reveal (principle of letting falling the masks of illusion of Maya for Hindu) by reminding that etymologically « apocalypse » means in ancient Greek « revelation » and by no means the end of the world, cataclysm. For having studied eschatology, the study of the end of time in the different religions, spiritualities, esotericisms and ancestral cultures of the first peoples, for twenty years, they all overlap or complement each other. It will be an awareness; this is awakening. The Hindus speak of the « Maya » literally « the illusion », the observation of this illusory world based on wind at the level of the stock market; the proof in, is today, given. I might say [in the English version, which is a bonus track compared to original version in French] « ILLusion » if I can afford « ill » due to our sickness to be blind of our reality as we are limited through our vision: to see the big picture, we need to perceive, no more trying to see: activating our all senses: 5 and 6 senses, reinventing thereby our approach of understanding, creating a new concept of « innerstanding » understand inwards: inner reconnection to find the YOUnity which allows to « innerstand » and outstand (understand the outer world, integrating it or synchronizing it) in order to stand, to stand up, actively as an actor on the scene of the gigantic piece of theater, not as an extra (walk-on role!). Alright! Short aside a bit headache! No worries, let’s get back to more « down to earth » approach!

We were talking about the fact our reality is not really real: a kind of well-done illusion especially the stock market based on wind: on trust. Like a gossip, it might be just a word of mouth: a bad word of mouth creating a cataclysm. As a matter of fact, the pandemic was not yet declared, we were at a minimal stage in the world, much less than a classic flu that the purses unscrewed, broke the figure, for no real reason but with real consequences. Why? Because it all depends on trust. Suddenly, the question is not even to believe or not but to find that this whole system is only an illusion, a masquerade, entertaining, amusing for some, melodramatic for others, or even boring… It is frightening to say that everything can collapse overnight without it being rational! Can we live as is, under this sword of Damocles accelerating the anxiety-
provoking dimension and beyond a de facto individual and societal imbalance? The worst part is that fear often goes faster than the virus that ultimately creates the panic situation like the chicken and the egg. This phenomenon is also amplified by certain media which have as editorial lines to sell fear, dispatch, breaking news, sensational, quickly, without digesting it, because too often it tries to fight and to compete with its news competitor: social media.

So, we are in a quantitative and not a qualitative world (reign without kingdom), lots of clever little ones have fun creating fake news as a hoax or story to share their unhappiness and rejoice in a possible collapse. Many, without also digesting this fake news, pass them on faster than the virus. And it's so easy! A few weeks ago, a friend sent me a photo that said «As you know, I am in China and the virus is everywhere now. What is most disturbing are the lies around the numbers and the dangerousness. Now residents of Hubei, the province where Wuhan is located, are forced to join camps where all the supposed sick are crammed.» However, the «so-called» journalist had a mask, so it was impossible to recognize him. I was telling my friend that I could do the same, or anyone in the depths of a city in Brazil, Uganda, or Liechtenstein. And we could push the vice even further, look for the name of a special envoy on the spot and neither seen nor known, how to verify?! Impossible! I am not blaming the media, many do what they can with directives, many are honest and aspire to transparency but, even at this level, we can often blame the quest for buzz and hence profit.

To tell «the truth», this ordeal (literally a hardship, a messy situation to deal with in order if I can say to put in order: rearrange) is all the more difficult for some considering that we are presented with this as a war as described literally by many heads of state. However, it is a war without enemies, except a priori, one but tiny with the only weapon «take distance» and «wash your hands», making people helpless, vulnerable and passive. So initially if I am in the sarcastic criticism of some, it was rather washing your hands; it’s a bit extreme since it’s far for the Western world, it’s in the Far East (although China is nowadays fully integrated into the Western system linked to economic liberalism…). Basically: January, February was a Chinese problem, the Chinese syndrome. This expression is normally used, by scientists. This Chinese syndrome is based on an assumption, in the event of a nuclear power plant disaster. The latter would not explode; but would implode, suddenly if it was located in the USA or in Europe, it would cross the planet from the inside to come out on the other side, namely in China in this example. I insist, this is a little known but more than serious scientific theory, and ultimately, another potential planetary time bomb. Thus, of this Chinese problem, some people making black humor, history of yellow laughter, said that if it was a virus «made in China» it would not last. However, in the domino game, when it affected Europe and then the American continent, there we went from «made in China» to «made in US», to decipher if
I can say « made in us » literally « makes us all: the world. » And yes, in the age of globalization, it could not be otherwise for very long.

After this squib (pamphlet), after this destruction of humans, of the planet, the destruction of the system by itself, the masks are in danger of falling. We will take off our protective masks, our masks of the dramaturgy that is playing in the theater of life that we have co-written all together. The first time I wore a mask was, precisely, Friday December 6, 2013 in Shanghai (I was 33 years old). We reached a peak of 666, the figures of the « faceless human beast », of satan, seitian or sheitan in Hebrew or Arabic literally « the obstacle » implied the obstacle to light. Because de facto, the sunlight did not pass any more. I kept in mind, two photos: the figure of evil (666) as well as that of a white sky (not due to natural clouds but to clouds of pollution), so low with a small helpless sun that it seemed to point its nose. Not sure what you mean by point it’s nose. I lived 10 years in the Middle Kingdom (Middle Empire), during these periods of high radiation, a quarter of my life. 10 years from China must correspond to smoking 2 packs of cigarettes a day, for 20 years I imagine, even though my lungs are healthy regarding (without) nicotine! That said, yes, China has greatly reduced its pollution in the past 4 years and it is to its credit. That day, I had a flash, the first mask fell when, for the first time, I put on a mask, I took my electric scooter to go to the office, then at the stop at fire I as usual tried to play with the little kid who was at the front of his father's two wheels to make a face at him. And there, I realized that we had lost our humanity, I could no longer show a mark of expression, I could no longer smile at anyone. That one let's say, those, in the plural (smiles), that I distribute like an inexhaustible commodity and get in return even more beautiful waves were no more. I grieved with incomparable pain, I had tears and I thought of my late grandparents, these earthly people: peasants, down to earth, near mother Earth.

I thought to myself, « If they were there, they would not understand. » I never dared to talk to anyone about it. In Shanghai, it was our daily life. That evening, we went with friends to a party in an apartment where most of the guests got drunk: drink to forget, have fun to avoid crying. But personally, I was not in the mood for a party. Inside the apartment, you still had to wear your mask, pollution (invisible blind and colorless particles) went through everything. It was not a masked ball, but a masquerade, an anonymous dramaturgy that only received local publicity. Ah for once, those who were there for seduction, it was grated, or let's say it was more cerebral, a little touch of humor in order to smile rather than cry. So yes, it was our daily life for years, we had at best 200 (AQI: Air Quality Index), when in Europe 120 (AQI), sensitive people are invited: the elderly, children, people with fragile bronchi, to stay at home. We looked more at the pollution index than at the weather, we looked at this to find out if we could go to play sports. Therefore, 200 (AQI), our minimum, was our Switzerland, our Alps and the 250-300-350, we avoided, we stayed at home to make a good raclette by imagining Switzerland far between the roller coaster. And again,
in Shanghai, it was fine, Beijing was even worse off, Tianjin ... Harbin a disaster. These two even reached the sad world record of more than 1000! There, we went up to the towers. Towers precisely, without detours, skyscrapers that rise up to 1000m, to compete with the sky and recall the tower of Babel... These societies which wanted to play sorcerer's apprentices, not only the Middle Empire, the new rich Middle Easterners, old poor Americans and other Westerners from so-called « rich countries »...

All this intelligentsia who wants to recreate, patent the living, in the name of progress, transhumanism ... « Stop smoking, redeem your lungs! Don't worry, we have everything in stock, you can even pay on credit », « Special offer: one kidney bought, one free »! This is called the quest for « amortality » (not immortality), basically you are eternal if you have no accident. The giant Google has invested billions of dollars in these projects. But is this natural? If you take high doses of coffee and cocaine, do you think you will not be able to sleep indefinitely?! Not being a consumer, I don't know, probably for two maximum three days and then! Overdose, cardiac arrest, black out ... In short, the body will say stop. We cannot, a priori, pull so much on the rope or on the fragile thread by way of breadcrumbs connecting us and the Earth. To the myths which bring us to order, like the myth Icarus who climbed too high, burned his wings of wax and then drowned in the tears of the sea. It seems to remain a beautiful tale for children or for old gentlemen flappers who smell like dust in the old dark libraries! Except that it's part of the universal morality that we partially lost! Suddenly, we will have to ask the question, if not for this virus, could we have dispelled this famous cloud of pollution in China from time to time?! Or even after a month that the water becomes crystal clear in Venice and that, like never seen, dolphins come back to testify their joy to the unemployed paparazzi confine to put on protective masks after the Venice carnival is canceled, that the show is fell into the water, in the lagoons without having been able to admire the beauty of traditional and artisan masks making the pride of the locals and the joy of visitors from all over the world. The masks have also already fallen. It seems like something out of a fairy tale rather than an account of facts but it is factually verifiable.

Because, in fact, this is what seems to have been retained for two months, the famous « fog », this permanent cloud of pollution over Beijing and others that suffocate all of Asia: South Korea and other neighbors, has disappeared. Residents can now breathe normally after more than a decade. Once again, the Taoist Chinese philosophy with Yin and Yang clearly recalls that in all existence, there remains a duality and a tiny minority of positive in the negative and vice versa. In this sense, this virus is not a problem but a partial solution, which, taken out of context, would revolt the greatest number! It is in this sense that if this virus comes from the Middle Empire which taught the world the wisdom of the Middle Way: reasonable, in harmony, in conscience. It’s not a coincidence, but more than a hidden message, a bottle thrown into the sea to see, a bottle thrown (as a throne of the invisible kingdom) at the bitter end, a bottle thrown away (throne a way subtly the Middle Way), with a wandering soul and also wondering soul ! An SOS to
Humanity literally « Save Our Soul(s) » means subtly (with or without « s » like serpent! The serpent of knowledge, who knows!?)) individually and as the concept of Oneness (a Soul, not ALONE but ALL ONE) as I said before, but it's important since my cries have been in vain for so many years. I kept praying for collective and active awareness to arise. I dreamed that this would happen naturally even if we keep the routine diagram what can really change?

Einstein said lucidly: « We can't solve problems by using the same kind of thinking we used when we created them. ». So indeed, I think we need a state of mind, an « esprit de corps ». It seems to me that we will have to be inventive, creative, pro-active, pragmatic, reactive, organized and above all play it collectively. We are going to need all the good will: the arms, the gray matter and I think that global brainstorming can lead us to remarkable transcendence. We need young minds, as well as more experienced ... We all will contribute to this great architecture, without which we risk not asking ourselves this kind of existential question, if there is de facto no more existence.

So from this observation, from this state of facts and state of fact, I will in no way use the famous « I accuse » (subject of scandal in France and then in all Europe, the case of a Jewish soldier in 1895, in reaction of the anti-Semitism, action > reaction, in 1897 Theodor Herzl, Hungarian, with this example and other pogroms in Russia and in many place in Europe and over the past and history, we demonstrated Jews were not tolerated in Europe and needed thereby a land... He proposed the project of Zion, Zionism was born... creating a ripple effect of one century that I reexplain completely in my book « BARAKA-casser la baraque » the translation is in progress, the title in English will be « BARAKA-the piecefull barrack », in one chapter explaining the big picture of the current situation in Middle east fruit of one century of construction, destruction and reconstruction of histories...) but on the contrary. ABUSE! Culpable! COUPABLE (in French, COUP-ABLE: able of a peaceful individual coup of consciousness) I plead guilty! I plead Sinful (originally « sin » means « missing the target » so full of the fact to have missed my target of awakening more people) Guilty of involuntary complicity. Couple and this, in my defense, even if I have tried all my life to do the best, to alert, to embody the philosophy of Gandhi to know « Be the change you want to see in this world ». I tried to practice ethical, responsible, environment-friendly clean trade; I try, as much as possible, to recycle, to clean plastics in community here in Bali, to curb my consumption drastically at any level: for 3 years, in material terms, I have only the equivalent of two suitcases, nothing more, no decoration, I gave away everything. I don't eat meat and only eat four to maximum eight times a week giving my share to three or four people who would follow this same diet (despite themselves, perhaps). I got rid of my car over 10 years ago. I reduced my use of the plane by half then by four in three years. So yes, we are far from pollution 0, from the 0-production defect policy, but we are doing the best. Some may wonder why he unpacks his CV as a « good guy ».

36
However, this may not already be exhaustive. But in fact, I'm doing this to wink at the famous little hummingbird of this admirable character, by the name of Pierre Rabhi. The latter whom I have admired from the bottom of my heart for years and who advocates the philosophy of « happy sobriety » but above all lives it and has put it into practice for decades. This one that we tried to destroy, a few years ago, with a horrible article « the Rabhi empire » wanting to make only the buzz (always in this optic of greed) and thus dirty what was beautiful and sincere.

Indeed, unfortunately, we are evolving in a society where you have to walk so much on eggs (mirroring the notion of « chicken and egg » as in when there is supply, there is often demand), showing clean hands constantly (it is important recently to clean hands! With the virus!), preserving yourself, legally taking away your responsibility. So paradoxically, I put my feet in the dish. At the time of the hyper connection, of the social networks that are supposed to connect us, in the public debate, I realize more and more, that many themes or speeches are subject to controversy. The latter who were not and the criticism (popular and media) was probably not as scathing a few decades ago. As the maxim recalls: « criticism is easy, art is difficult » and unfortunately too much criticism also freezes the action of many. Many people would like to undertake beautiful things but under the pretext of fear of failure, slander ... abstain. I always teach my employees or my students, perhaps it is better to « do well » than « not excellently », in the sense that we do nothing in absolute terms since we aspire to perfection. Most parents do their best in terms of education. They do as they can even if in fact we can always improve, since perfection does not seem to be of this world, except probably of Mother Nature, if we know how to appreciate it, at its fair value.

So, I insist, I try to self-analyze regularly, I continue the corrective actions trying to improve myself daily because I am an eternal student of life. But it seems that the main thing is the intention. All mysticism and esotericism remind us that the famous « last judgment » is only an objective self-analysis of our mature superior being. And if the latter is not enough (mature), he is invited if he wishes to redouble (of effort and his class), to replay a game, to relearn new experiences. Hence this essay, which as its name suggests, tries, tries at best to help without quantitative or qualitative dimension this time. It is a simple test, unpretentious, a test because I try, to do my best, to try to find the right words, the good thoughts, without bad spirit, to heal the evils of the planet and so apply a soothing balm, healing with a sincere heart balm.

I have tried to give time, Love, and money to charity for more than 15 years, to teach at the big business schools, participate in conferences by different means, and write stories to try to open the hearts and minds of as many people as possible… Despite everything, I insist, I plead guilty, I plead Sinful (Coup-able) of
involuntary complicity in this situation! I am the fruit of the globalization system, its product, I have maintained it ... Everyone, in their soul and conscience, is free to stone me, to throw the first stone at me, let the one who never sinned? throw the first stone. As for me, I will keep in mind that « some people will always place stones in your path. It's up to you to decide what to do with it. Build a bridge or a wall? Remember that you are the architect of your life. »

I think that at different scales, in a tangled world, in an interconnected society; a systemic dimension we all are: more or less guilty, co-responsible. Everyone is free to recognize or not their degree of involvement.

Suddenly, strong of this observation, I want to help even more so that, commonly, we can go ahead and the dirty linen washed in private worldwide (in French the expression is « clean our dirty laundry together as a family »), not to be in demagoguery, provocation, arrogance, sarcasm. I would like to sincerely help more so that Humanity finds its humanity even more! We all need us! One needs oneness! We are not ALONE but ALL ONE!
Step2: The Cleansing (White Work)

In alchemical art and by that quest to reach the Great Work, after the first step to open the material by destroying it, the second aims to cleanse the substance. I have, for more than twenty years, compared the situation that we will have to live as a challenge. Basically, like a sixties and heavy smoker who has a heart attack. This last miracle that comes out, has two choices. Either he continues in the state saying to himself « that we only have one life » and « as much to burn the candle at both ends », as we vulgarly say. Or else, the latter will have the repentance and the recognition of having a second chance and that it is perhaps not too much to pull on the rope, nor to arouse in an exaggerated way its beautiful star!

However, I dreamed and cried so much that we avoided the extreme and precisely this attack. I believed so much and still believe that humanity deserves better than this and that it is certainly capable of the worst, proof, but also of the best! Yes, I dreamed from a very young age, that we would have the maturity to take the reins harmoniously of this vehicle, in freewheeling driven by some drunk drivers and unconscious who would thank us, the next day, after a big mouth of wood, to have saved them also. Today, when I see kids, full of tears, lose hope in life, in adulthood, in our institutions by saying « how dare you ... », I have the same childhood tears that resurface because it revives that feeling of injustice and, by that, of being misunderstood.

Saint Exupéry (author of the Little Prince) said: « We do not inherit the Earth from our ancestors, we borrow it from our children ». I am in no way lambasting anyone, blaming older people and saying that young people are more reasonable: there are as many young people on the alert as there are more « experienced » and mature ones. This is where I keep hope because this transgenerational, cultural mix tells me that we could create such brainstorming, as we say in marketing literally « the storm of the mind ». Ah yes, it will take a good storm of mind to dust off all this accumulated neglect, these toxins stored deep everywhere, these preconceived ideas that sclerotic all light initiatives. There is no shame in admitting that we were wrong. The first step on the long road to recovery from addictive pathology, is to recognize its problems. There is therefore nothing to be ashamed of, on the contrary, Latin wisdom recalls « Errare humanum est, perseverare diabolicum » which means « Error is human, to persevere [in its error] is evil ». We can't say we didn't know. We have never had so much access to information. So before, we could still hide from the lack of time. Today we have it in this PAUSE mode. Otherwise we can make the policy
of burying one’s head in the sand but even those who do not feel concerned, will be de facto because the announced deadlines are close. Anyway, even if it is not a virus or even this virus (covid-19, 20, 21…), the nature which puts an end to our existence, our economic and financial system risks collapsing before 30 years, if no drastic measure and complete overhaul are put up! We are afraid to say it, but the situation is much more worrying than in 2008. The Deutsch bank, among many others, is on a drip and in near clinical death! Why? Because the 2008 crisis has brought about almost no regulation, no corrective action, no change in diet, or healthy lifestyle! Limit, it is as if we had feasted even more by getting drunk and smashing in all directions to forget: drink always more to drown his disappointments, always increasing the doses and frequencies!

We must have the humility to apply the Greek wisdom (of Socrates) « I know that I know nothing ». We must admit that our world, beyond its illusion, is disconcertingly fragile and that, moreover, we need others, a system, a union. Anyone tomorrow, alone on a deserted island, will not live long or otherwise in extremely precarious conditions. We forgot that individually we hardly know how to do anything from the Stone Age, or even the Iron Age. We only know how to do things because there is a minimum of knowledge, utensils, machines ... But from scratch, how to create tools, a roof, a flat bed, a pot, a jar ...? Even the Nobel Prize in physics cannot, or the handyman will be limited in other ways. Socially speaking, we are like an ecosystem, each, individually, has its raison d'être (reason for being). I think of the famous baker who was a stranger in the sketch by Fernand Reynaud, a satire who is over half a century old and who unfortunately hasn't aged a bit; he had to do a little facelift, a botox injection to freeze a tense smile, without real emotion. What was that? The humorist was playing the role of a racist repeating all the time: « I do not like foreigners, they come to steal the bread of French people…» Then at the end of the sketch, he revealed they kicked out foreigners, but there is no more bread now, because he was the baker!

This idea of interdependence corresponds to the functioning of any system: humans, nature ... Take a tiny bolt out of your clock and it will stop spinning. A simple example when some say to themselves, « They have no better business than to campaign for a cause more important than that of the bees? » Einstein is quoted as saying, « If the bees were gone, man would only have four years to live. »

In fact, each cause is useful and important, so perhaps it is time to synthesize and make common cause; union is strength, union it creates, as an economy of scale, the story of crossing dams, making it possible to dig natural bridges from The Source to the confluences, without submerging the arid lands ?!

The main problem in my opinion is this disconnection. Many of us are disconnected in many ways: disconnected from reality, disconnected from nature, disconnected from our higher self, disconnected from
others. Despite a virtual hyper connection, human relationships have never been so superficial, disconnected from the world of the invisible: the energies, the subtle world. It is also this lack of union between all these dimensions that creates a deficiency and a heavy conscious or unconscious weight. The simple fact that, according to some, some scientists or other philosophers we have « killed the sacred », has plunged humanity into an existential loneliness, a kind of spleen. The material and materialist society at its peak de facto annihilating all that is not visible and demonstrable, has reinforced the taboo of death. If belief is then reserved for gullible and somewhat limited people, who believe blindly, then one enters into a reducing and destructive duality. It’s as sad as when some people laugh at the men who love poetry, saying, « It’s useless and it’s for wimps. »

It’s no wonder that for many, existence is all about eating, making money, enjoying it in every way, with its microcosm « and after me the deluge ». This hyper consumerist and very individualistic society has thrown a good number of poor innocent souls at the base on the paths of the unknown, wandering aimlessly, fear in their stomachs, feeling that there is nothing beyond: neither justice, nor life after life. It is very comparable to feeling vulnerable and constantly threatened, in an anarchist society, without faith or law, where militias or other gangs practice the law of the strongest, on demarcated areas.

The disconnection from nature plunged us into deep ignorance and unhealthy sufficiency. When Nietzsche said: « Man has killed God »; he prided himself on making him a « Homo Deus », a divine Man, but in reality, he is, too often, a capricious little dictator, nothing to do with the aspiration of many « esotericism, to recover its' inner divine part ». [And again, I restore what commonly accepted thought, interpreted or understood of Nietzsche, which is not necessarily reality, it is more complex]. These two concepts recreate this opposition between quantitative and qualitative, with regard to belief. I am in no way proselytizing on the need to believe. Not at all, because I always thought that if we are created in His image, there is no need to blame anyone, believer or non-believer, it would be nonsense or even, for some, blasphemous.

It’s human nature. On the other hand, when we study the science and the beauty of life, it becomes difficult to believe in chance, as it pertains to biology, medicine, astronomy, physics ... Our life, from microcosm to macrocosm, is comparable to putting millions of spare parts of an Airbus A380 on thousands of kilometers of runway, and then following a tornado, having the results be a brand-new plane ready to sail in the air! For the record, according to scientists, the chance that life is possible on Earth with the right mix of the 4 main forces (gravitational, electromagnetic, nuclear…) is comparable to reaching a target as large as a postage stamp (1cm x 1cm) at a distance of 14 billion light years. In a sense, we are much more likely to win the national lottery, or even win it several times in a row.
It is in this, where the more we study, the more difficult it is not to note like most of the greatest contemporary scientists Einstein, Max Planck, Niels Bohr, Eisenberg, Schrödinger ... that there seems to be a higher consciousness that exceeds us! So the latter, some have called God, under various epithets (sometimes creating and for lack of « tangible » faith, proselytism and / or a vain competition, as incredible, if I may say, as two lovers who would tear each other apart, each wanting to prove to the other that his love is superior ...), the Soul of the world, Universal Consciousness, The Source, Mother Nature ... It doesn't matter. At the same time, perhaps this lack of superior connection makes some, orphans, greedy (« co-empty »). For very Cartesian people, Max Planck (father of quantum mechanics, Nobel Prize in physics in 1918) said: « All matter comes from a force and exists only by it. We must assume the existence, under this force, of a conscious and intelligent Spirit. This Spirit is the matrix of all matter ».

Nature teaches us every day with all its greatness and humility. In my opinion, the nature and the study of energies (quantum, pranic, Qi, Ki, Ether, 5th element which are only synonyms, identical concepts in different cultures as for form but in no way as for content ...) are the two links that allow science and spirituality to be reconsidered as two sides of the same coin. It is about complementarity and in no way opposition, contradiction even less competition. In any case, nature teaches us. There is no need to go to the other side of the world, in an exotic culture for Westerners. Victor Hugo said: « it is a sad thing to consider that nature speaks and that humans remain deaf ».

My grandfather, a peasant, a great man of the earth, a little rustic great man of 1.65m taught me a lot about the latter (the mysterious Mother Nature. He was a good player, great player, who loved so much « checkers », chess and chest in his own way). He explained to me how the forest works, how it was important to respect it, preserve it, understand it, communicate through it. He taught me that yelling at a tree, putting pressure on it, roughing it up had no effect on him. That pruning burning bushes allows better growth, that the roots communicate with each other, that there remains a solidarity between the trees, a kind of consciousness ... etc. My grandfather was far from being a scholar, even less a mystic but what a great teacher of life at this level ... So then, I had the chance to travel 66 countries to be taught by great anonymous masters, great sages more than modest (modesty was the basis of wisdom, otherwise we sink into the spiritual ego, yet another abyss), great mystics in India, Mongolia, Ethiopia, Iran, China, Indonesia... They all explain the same thing in the end. I have found popular wisdom here where I have lived, now for almost three years in Bali, «the island of the gods».

And even closer, right here, I found my grandfather, resurrected in my neighbor, an old local man, who does not speak a single word of English, who has only two teeth that I see constantly because he never switches off his radiant smile. He explains to me how he watches and manages his rice fields, the very ones that feed him. He does rituals, asks permission from the stars, the gods, the ancestors, then the community comes to give him a hand creating a pretext for a celebration, to party and he in return, he will do the same.
He explains the same to me as my grandfather. There is a rhythm of nature to respect, subtle music, a tempo that is vital. The earth must rest for a time, just like man rests every night, and at least one day a week to be healthy. The fallow is sacred, on the planet since the dawn of time, it is the wisdom of the tradition of the Man of the earth, the one who was not uprooted, raised in a way « above ground », as it is the fashion to say it. Its tradition is not a fashion, it does not belong to it, it is universal and emanates from common sense, common sense, meaning as ONE.

We seem to have lost, for most of us, this respect for cycles, seasons, cosmic connections. For the record, « cosmos » means « order »; we no longer follow this heartbeat of the Earth, the lung or cosmic breath as the Hindus call it. Our metronome, our daily routine « subway, work, sleep » has punctuated the timing of our lives differently, with marketing and commercial events instead: Sales, Valentine's Day, Easter, Mother's Day, Father's Day, Sales, back to school, Halloween (patch, although initially Celtic and therefore European, but let's say it has been brought up to date. Otherwise there was a lapse of time too wide between September and December), the black Fridays or celebration of celibates in China, where one day of turnover of Alibaba, not among the forty thieves, generates the equivalent of the GDP of the last 130 countries, then Christmas, the new year, good resolutions that we hold on average 7 days, then we forget and yes! We don't have time, anyway, in this fashion of the world that runs without ever stopping ... It seems to run a marathon in sprint, like crazy! Until the day when ... It's drama! Does that make sense of all this? A cycle, yes, nonsense or a single sense, which reminds the hamster in its wheel, its karmic wheel.

As I write these lines, we are at the equinox (20th of March 2020), or spring. Who cares about it today, it is nevertheless one of the most important festivals, (of the same order as the solstices), of all civilizations of all times except ours contemporary western? The equinox is the symbol of the earth's energy balance in relation to our solar system! It’s a good balance. It is a basic theme, whereas today those who know it or celebrate it are taken for people of the « New Age », often badly perceived or at best as sweet enlightened, just like those who embrace a tree, or kiss a flower.

So, one can be taught by the simple Men of the Earth, and also by the centuries-old traditions even local, unknown worldwide. Here, we speak of « Tri Hita Karana ». The literal translation is: « the three causes of well-being » or « three reasons for prosperity ». This Balinese wisdom is said to preserve global harmony. It is a virtuous triptych whose main principles and ideas are simple:

1. Harmony with humanity: individual, namely being at peace with oneself as well as with others, beyond one's community with benevolence and tolerance.
2. Harmony with nature or the environment: respect, preserve and even be grateful for all that it brings us as abundance.

3. Harmony with the world of the invisible (the energies, Mother Nature, the Soul of the world, Universal Consciousness, God ...)

If I can just develop the first axis further, insofar as the other two seem fairly suggestive, let's say that for the third, for those who really want to deepen and take the necessary time, I invite, once again, to read my work humbly and modestly “BARAKA-casser la baraque » the translation is in progress, the title in English will be « BARAKA-the piecefull barrack », this theme being explored from different perspectives: scientific, artistic, through various traditions etc…

The order to be respected is individual and then collective harmony. Why is it important to respect this principle? The quest for all therapy, psychoanalysis, spiritual, esoteric, and mystical quest goes through a deep inner quest. To this local Balinese tradition, we can show simple complementary parallels expressed differently with seven pillars and perspectives among others, emanating from the world heritage of humanity:

1-Egyptian wisdom: « True teaching does not lie in an accumulation of knowledge; it is an inner awakening of consciousness which goes through successive stages ».

2-Chinese wisdom: « The path of the superior man can be compared to what happens in the journey when to travel the distance we must first cross the space which is near, and in an ascending height, we have to start with the lower earth per se ».

3-The hermetic and alchemical wisdom of Hermes Trismegistus (also called Thot in the Egyptian tradition): « Visit the interior of the earth and, by correcting it, you will find the hidden stone". Basically, “polish your philosopher's stone in each of you. »

4-The wisdom of the builders: « Polish your stone to fit it into cosmic architecture. »

5-Greek wisdom: the philosophy of Delphi recalls « Know yourself and you will know the mysteries of the universe and the gods. »

6-Christian wisdom: Jesus says according to the Gospel of Luke 17, 21 « The kingdom of God is within you. »
7-Sufi wisdom (Muslim): Shams of Tabriz who carries the torch, said: « The whole universe is contained within a single human being: you. Everything that you see around, including the things that you might not be fond of and even the people you despise or hate, is present within you in varying degrees. Therefore, do not look for sheitan [satan] outside yourself either. The devil is not an extraordinary force that attacks from without. It is an ordinary voice within you. If you manage to know yourself fully, if you can face honestly and harshly both your dark sides and your bright sides, you will arrive at a supreme form of consciousness. When a person knows himself, he knows God. »

This corresponds to the overused meaning of the word « Jihad » literally « a struggle » which must be peaceful and purely internal, a work of introspection on his demons in order to release the most subtle and highest substance of his higher being. The idea of a holy war is dogmatic nonsense, war = blood, pain, crying ... and « holy »: peace, Love, fullness ... otherwise it would be like « a frozen fire », a « burning icicle »... This hackneyed dimension has been used by many factions for many years in order to divide and rule; it is a question of using and spoiling worship for political ends, as Constantine, among others, in his time 325 AD, revised Christian texts and opened the door in the establishment of Christianity as the religion of empire (to be correct, it was his successor Theodosius who officially set it up). These kinds of examples are full of history. Once again history repeats itself, replayed until we have learned from our mistakes (I mean family as humanity through the ages).

Thus, the rule favors work on oneself, corrective actions of forgiveness, acceptance, bandage your wounds, apply a subtle balm and balm to the heart to accept yourself while always trying to improve in order to aspire to perfection comparable to an exponential (by mathematical definition unattainable). Once this awakening (whose quest is permanent, not a goal, not a diploma, even less a medal, because like a wave or a flame, it flickers, or even a tide goes, it comes so we must « fight »; referring to the etymology of « Jihad », in Arabic; I insist heavily « struggle » and remain in active vigil, constant vigilance) achieved, this generates this unity and interior and exterior harmony found, recovered (because it is our original and natural state). We can, then, focus on the external harmony which ultimately, results quite naturally and simply since we realize that there is no difference. As hermeticism says, then a great scientist whom I will quote, right after: « as above so below, as below so above » (personal perception: as a bow so be Love) (basically, there are a resonance between the microcosm and the macrocosm, the interior and the exterior). Erwin Schrödinger (Nobel Prize in Physics in 1933 and incidentally taught by Hindu mysticism) declared: « The multiplicity that we perceive is only apparent, in truth there is only one spirit. In reality, they are only aspects of what is [...] The subject and the object are only one. It cannot be said that the barrier
between them has been broken as a result of recent experience in the physical sciences, because this barrier does not exist. »

Why do I insist so heavily? Because if we clean our planet, our system, our world ... cleaning begins individually, the treatment begins in itself! It is in this sense that I pleaded guilty because the resonance on the world is limitless. It will not be a question of externalizing responsibility, of waiting for any messiah. Why? To repeat the same thing as all the previous messages which are all identical in essence, in different languages, different forms, different cultures, different eras and geolocations. To make selfies with him/her, grab him/her, have him/her in his contacts, make him/her a star, a reality show, highlight his/her Light by blinding him/her and blinding ourselves, by handing him/her traps, pushing it to the limit of his/her capabilities (crash tests) to demonstrate that it was not unbreakable as a vulgar product, by focusing on the envelope rather than on the letter, the sum of letters, messages: form rather than substance. This man or this woman who should have the shoulders wider than the diameter of the planet and be recognized and loved by all! In such a segmented world, I know of no such individual, even in the past! Even the most beautiful soul, the most beautiful person has been minimalized, misunderstood, criticized, despoiled ... Why? Because everything is a mirror effect. When a person treats you badly, he does not have a problem with you, but an internal problem not resolved on an attitude which you have. When I keep saying that life is a gigantic kaleidoscope, in which each of us incarnates mirrors which in reflecting inspire us mutually in an unlimited way; it's not just philosophical or mystical, it's also psychoanalytic and psychological.

And as the great Jewish mystic Baal Shem Tov said: « The man next to you is your mirror. If your own face is pure, the image you perceive will be as perfect [...] On the other hand, if you see a defect in the man next to you, it is your own imperfection that you discover: it is you showed what you need to fix on yourself. »

It is in this that all the limits of the ego manifest, which, as I often repeat, is a very good servant but a bad master, just like money. The ego is a vehicle, not a destination or an end. Do you deify your shoebox, or do you focus more on practical and why not aesthetic use of your shoes, allowing you to go further?! You just have to observe how he (the ego) is the main actor of the film of our lives: power, jealousy, competition ... so on and the best, let's say worse. And last point to savior. Why would he or she do the job for us? Once again, would it not be infantilizing? Maturity is about taking responsibility, accepting your weaknesses, not running away from fears but embracing them, and solving problems one by one that are only pending solutions. Humanity seems to have been very passive, in this sense so far, let's say partially. In my opinion, the message is that there is no more messenger or message than those passed but this time implemented, by practicing (real and sincere practitioners) and as main message: the messiah is the living organism called « The Living », « The Living one »; life which « humanizes » (adopt a human face), the Humanity who
recover and find back his humanity as a single voice which chants in unison! (knowing « unison » in French also means « let us unite », let’s YOUnite and Wake Up, Way cup!)

As an essential point of clarification in many respects (I do not go astray) being in the cleaning stage (in our list of treatments in the face of the diagnosis of the world disease) because the qualitative dimension and not that quantitative of spirituality is paramount. And this, whether at the level of established religions that the New Age or sometimes (and also lack of faith), we follow blindly without understanding the pure essence. Or on the other hand, in a very materialistic approach to our modern world, we are witnessing the drifts of wanting everything very quickly, all cooked, pre-chewed, almost ready to swallow (cf: « swollowers » (or « scrollerers ») vs followers in social media) without any work necessary as prepared meals (without nutrients or enzymes, respectively the elements nutritional energy generators in the body and enzymes, particles that cleanse our bodies, remember detergents with enzymes).

I often repeat to my students this obvious fact, which seems like a simple matter: « experience is acquired with experience ».

So one last little quote, a more neutral one, from the scientist, artist, and unclassifiable mystic, Leonardo da Vinci who magnificently advised to achieve this in practice (little primordial repetition) « Principles for the development of a complete mind: study the science of art. Study the art of science. Develop your senses, especially learn to see. Realize that everything connects to everything else. "

Well! To do so, you must take time, allow yourself time, know how to put yourself in pause mode, in OFF mode…

The Tri Hita Karana is derived from Balinese spiritism and beliefs: Hinduism, Animism, Shamanism, which promote harmony between human beings through community cooperation and the promotion of compassion; harmony towards God, which manifests itself in numerous rituals and offerings to be in COMMUNITY, in the gratitude of the energies; and harmony with their environment, which strive to conserve nature and promote environmental sustainability and balance. The Tri Hita Karana tradition is recognized for the prosperity of the island as a whole, its relatively stable development balance, environmental practices and the overall quality of life of its inhabitants.

The principle of Tri Hita Karana guides many aspects of Balinese life, from daily rituals, the practice of common cooperation (gotong-royong) (community life: mutual help), to organization space of Balinese architecture (respecting culture and what the Chinese call feng Shui: respect for the energies of the house impacting our spirit, in the notion of resonance between the individual and his environment) as well as agriculture. This is also reflected in the island's natural irrigation system known as the subak, which consists
of co-operative dams and canals that draw from a single source of water, just symbols! Former President of Indonesia Susilo Bambang Yudhoyono even invoked it in his speech at the International Conference on Sustainable Development at APEC 2013, held in Bali. So yes, a good number of traditions as such, unknown, little publicized like Ubuntu, in Africa, embody in my opinion, the world heritage of humanity and are, perhaps to be reconsidered with updates or adaptations certainly but can -being that a better balance between modernity and reasoned and reasonable tradition, in conscience would be judicious. As a world treasure, I can't help but share it because all of these wonderful traditions need to be brought to light more.

In Bantu languages, the term « UBUNTU » means « unity » or « humanity » (meaning thereby these concepts are the same ones for them, it is more than symbolic). It’s a concept from South Africa. Basically, it can be summed up by the idea of self-help and « I am because we are. » This was in particular, the entire base and the peaceful workhorse of « Saint » Nelson Mandela. Anthropological legend has it that an experiment was carried out by Western researchers on an African tribe. As a test, they put a basket full of delicious fruit (« forbidden fruit ») and asked the children to run so that the first to come could eat them. However, to the surprise of the scientists, the children started to run taking each other's hands, then sat down to enjoy the celebration. They asked them surprised by their reaction why they had not raced. The children replied to the adults, full of wisdom, innocently and spontaneously « Because UBUNTU !!!, how can we be happy if everyone else is sad, and what would a single winner do with so much fruit? » Then the children laughed, amused by such a question that seemed meaningless to them. Meditate for a moment on this! Let the wisdom of these children teach you! Reactivate your inner child who still believes in beautiful stories, the one who may have been badly led by other bullied children who also had their dreams broken ...Thousands of beautiful lost traditions are sources of inspiration. We don’t necessarily need to find new ones. There are already more than we have time to put in place and analyze in a decade. So, a last one for the road, on our Middle Way, our inner path since we are in the second stage of cleaning, the cure and that we started by pointing the initial point through the Middle Empire. In the ancestral Chinese tradition, which has been largely forgotten, the approach was quite different from the contemporary vision of a curative dimension, namely: treating and solving problems. It was a completely different dynamic, a preventive dimension, basically we anticipated the troubles to avoid them rather than fighting once they occurred. It’s a completely different philosophy today where somewhere the patient in many cases has become a customer, a market, renewable, and sustainable (in healing). I was frightened the first time I used medicine in China, through a private clinic in Anglo-Saxon (I also went to public hospitals, it's different, let's say another story).
It was there that I understood that France was still preserved from a perverted, sick and rotten system to the marrow. When you lose confidence in your doctors who tend to see you as opportunities, a bank account on the pretext that you have a good insurance policy that costs, sorry, to be believed, the eyes of the head or even an arm. They analyze you and make quotes. A disgusted French doctor returned to France had revealed everything to me: the secret little ones, the combined little ones ... Facts confirmed in their entirety by another German doctor. The latter two were frowned upon (these were two women) by their colleagues, as well as their superiors, as they did not charge patients enough for medication. However, the pharmaceutical industries gave them incentives, bonuses in the event of good turnover (flow)… I established an analogy in another work between the system of a multinational and the private medical system as such in Anglo-Saxon essentially based on profit. It makes you nauseous and can make you sick, if I may say so!

So, let's refresh our memories as a reminder, if I may say so. Traditional Chinese medicine was based for centuries on the principle of prevention. To make it simple, basically, there was a doctor per territorial area covering a physical and human perimeter so that the latter was available. He was thus paid by the members on a permanent basis. Therefore, its function was not to focus on curing but to ensure that people did not get sick. He organized regular checks up to diagnose people. But if one day, someone had something, his reputation was tarnished, and he was no longer paid. Meditate, let’s mediate, let’s remind humanity of the greatness of the Middle Empire, what it offered in its centuries-old tradition that we need. When I tell my employees in my Shanghai office that I practice Qi Gong (literally, the circulation of the subtle energy « Qi », Ki for the Japanese who gave Reiki, the prana of the Hindus, the ether of Greek metaphysicians… basically an application of Taoism, activity of traditional medicine), they laugh, they make fun of me, they mock me. They tell me it's something old, something grandpas of 80-90 years-old would do in a group at sunrise and then at bedtime in parks all over China. It is more than evocative and symbolic. This new generation, freshly converted to western and extreme liberalism, mocks its tradition most of the time or ignores it. Well, it's not IN, it's not fashion, it's not trendy ...

A bit like in the glorious thirties from 1950 to the end of the 70s. Everything that came from the American big brother was cool, a wind of freedom that the GIs had brought during the liberation and then the liberalization. Thanks or because of, according to some points of view, financing the reconstruction of Europe through the Marshall Plan, a loan system that created a centuries-old dependence. But by and large China has accelerated and amplified this exact same psychological pattern in the post-war, World War II era. We have witnessed a crazy growth, through mass production which has submerged the planet like a
dam that yields (once the Chinese quotas were lifted in 2001) and from there an exponential hyper consumption as well as a liberalist opening (disproportionate if I can say) was born.

In fact, since 2001, when China joined the World Trade Organization (WTO), the Middle Kingdom has emerged from half a century of isolationism and before that for more than a century, it had been under the foreign yoke, a partial western colonization which hides its name after the wars of the opium, then the Japanese invasion… Suddenly after more than a century of being deprived of playing in the court of grown-ups all the frustration came out of it. The Middle Kingdom wanted to show that he was the good studious student who caught up by taking evening classes in matters of liberalism. The student almost surpassed the US master. So, some criticize that few question the system (global, consumerist, individualist), the meaning of life, there ...

But their maturity is comparable to that in Europe in the 60s and 70s, roughly that of a 12-year-old girl whose body seems biologically to be that of a woman but who still plays with dolls. So maybe she will also need remedial lessons or intensive evening courses to learn that production and consumption are not the only basis of life! They risk being taught in accelerated compared to the rest of the world also which seems to be at an intermediate level in the West, questioned for a few decades already.

Ultimately, the virus is an occasion, an opportunity. Everything is put on pause, on stop! The world is on pause, but the planet earth continues to turn, as it has from the dawn of time, indirectly reminding us that it is not threatened. The threat is for its microbes that we can incarnate or embody when we parasitize it, destroy it and that in general, we saw the branch of the tree of life on which humanity sits but in the end not higher than on its salient… Note however that the origin of life arose, 3.6 billion years ago, thanks to or because (of your choice) of a bacterium and matter of extraterrestrial origin (perhaps a meteorite brought it here).

We are put in OFF mode, in airplane mode in order to gain height, in pause mode in an imposed way for our a priori and apparently good and our health. We have time in a society that tends to run constantly, like crazy without asking. To run sometimes aimlessly, never to have time for anything, what I have called « the busease » of modern times, namely: contraction of « busy » and « disease », that is to say overwork disease! And as a nod to Charlie Chaplin, « Modern Times » where we had fun to avoid crying, the premises of what we live, a society that has made man a machine but also a barcode. This caricature dates from 1945, in the aftermath of the war, but too full of suffering. Once the war ended, Europe rebuilt, did we not zap, if I may say this visionary warning? We may have forgotten ourselves a bit, but it's never too late. Today, the virus allows us to have time! This precious intangible fuel which has become qualitatively a luxury.
Time to refocus on oneself, on one's family, loved ones, one's environment and one's existence in absolute terms. Time to come back to existential, to do things that we may not be doing anymore: observe, contemplate (literally open the inner temple), even from our window, take the time to chat, to have our little routine, to evolve calmly, serenely...

So in a more down to earth way, let's analyze the approach to cleaning up this virus in these three destinations that occupy my horizons (not to mention a subtle fourth, which I will not mention): Europe, or roughly therein, where my family lives, my roots; China where my company is established; and Indonesia, where I live.

These are three very different approaches. In Europe we are witnessing confinement in most of the countries which have closed their borders. The aim is to prevent the spread of the pandemic and to gradually treat those who need it as much as possible in order to relieve mass contamination. Here in Bali, we don't know. The Indonesian president admitted yesterday to having lied and truncated the figures for the good of the people and to avoid spreading the anxiety-provoking dimension. So, he also said that he thought (Source www.crystal-ball.co.id, what is crystal clear: it is blurred!) that the peak would arrive for Ramadan in a month. More locally for me in Bali, there was only one case, five weeks ago, but this symptomatic person went to the hospital and was forced to leave because they were not ready to face it. Suddenly, it is the artistic blur, let's say some artistic vagueness, officially there are almost no cases, but, unofficially, there seems to be a lot. It's up to you: the choice is yours, it is « à la carte », in a way! Therefore, we have chosen without any directive, on our own, conscientiously and out of solidarity to adopt the precautionary mode, just to play the game, if I may say so.

China, to date, has officially celebrated the end of the corona virus with a spectacle equivalent to the closing ceremony of the Olympic Games. Let's say that she has already tasted it for two months. So, we decree that it's over. As Bush said: « The Game is over » (Saddam Hussein's game is over) to start the third war in Iraq in 2003.

It's simple, most companies in China and many places around the world have two months in their cash flow. You should know that Europe has frozen all payments for a week. Europe is incidentally, China's first customer. Suddenly it is not difficult to understand, if we possibly remain more in the status quo, the Chinese economy, and beyond, the world economy is likely to collapse. Consequently, failing to all die economically, the choice to try to even let part of it disappear, to save even if it is only a minority, seems to have been taken according to some. This time, I do not judge the three models or approaches in any way.
As I explained, criticism is easy, art is difficult. I am not qualified to issue such an opinion; I have neither the skills nor the desire.

Judging during the act is difficult. It’s very similar to criticizing at the end of the war without ever having been confronted with it. I tried to explain this principle in the past with the beautiful song by JJ Goldman, « born in 17 in Leidenstadt » (literally the city of tears) when he says « and if I was born in 17 in Leidenstadt, on the ruins of a battlefield, would I have been better or worse than these people if I had been German [...] cradled in humiliation of hatred and revenge [...] we will never know what we have really in our bellies, hidden behind appearances. » [...]. Basically, when the masks fall, it seems easier!

We do our best even if it goes without saying that we could always improve, we will never know the real causes of the virus, do you remember the day and the hour as well as the way in which you were conceived? Does it matter? We will surely have to go ahead.

On a whole new scale, as a business manager, I had to manage many crisis cells pushing me to make quick, hasty decisions, not always the best, but not making them would have had worse consequences. …

So I do not pass the ointment to some government as some may say but I have the decency to keep quiet and admit that « What I know is that I do not know » and from there, to apply the Arab philosophy: « If what you have to say is no more beautiful than silence, then abstain ». So, I try to apply the practice of Sufi wisdom which says, thanks to the remarkable person known as Rumi: « The art of knowledge is to know what must be ignored. » I repeat myself a third time: we are doing our best!

Today, I see a debate which exceeds me and in which I do not want to participate regarding Chloroquine. Even if I hear the cries of alert of those who support ideas and certain researchers who try solutions, by admitting not to be certain (100%) of the results but that it is likely to work. It seems good to remember that in a crisis cell, you have to know, sometimes, to take measured risks without waiting too long and at the risk of doing just well and not exceedingly well. I think that in the post corona, in the redesign of the plans or the structure of our system, it will be necessary not to be frozen by too many critics. In the experimental dimension, there will necessarily be breakage, we will wipe plasters together. How do you learn to walk? For the record, we fall, then we get up, then we fall and so on until we find a certain balance.

I must say something to you in confidence. I graduated from a Business School (ESC, a Master Degree), as it is called. I prepared for the entrance examination as a free candidate in parallel path by studying one of the 3 most important key exercises (1-TOIC or TOEFL English test 2-general culture test, 3-the summary note or synthesis note). To go to the finals and interviews, you have to have a good score in all these disciplines, basically being versatile. I think the metaphor of the concept note is very interesting. I worked
on the exercises of the ENA (prestigious National School of Administration for politics in France: most of our ministers and president passed through it…) which asked at the time in 2000-2001, this same test, every weekend. Basically, you have 4 hours and have thirty articles to read that you will have to summarize with a solid structure. If you carefully read the whole thing you need 5-6 hours and then you have to synthesize. A priori it seems impossible, this is the reason why, 80% of applicants fail this test. The technique to achieve this is to agree to read diagonally, in Z, fly over and know how to extract the essentials very quickly. If I sum up: you win if you do « everything moderately » you lose if you try to « do everything, perfectly ». Intriguing isn't it! Sometimes it may seem wise not to be afraid of getting dirty when you get bogged down in quicksand. At the same time, in this example, it is probably also necessary to know how to accept outside help because the more you struggle, the faster the bogging down process… A word to the wise! A sword to the peaceful good knight! Good night! And, also wake up: way cup… Joke aside, word play a (dark) side!? In addition, here is another confidence, also with the aim of establishing analogies (while keeping in mind the idea of controversy from which I exclude myself): I give, in high business schools (such as MBA of SKEMA, EM-Lyon, ESMOD…, for 7-8 years, courses on a dozen more or less in-depth themes from 12h-24-30-60h per module. I have given 160-180 hours per semester over a period, knowing that a Professor or Lecturer who are grades, legal official titles give about 120 hours. I have crossed paths with maybe 3,000 students during my entire teaching career. Factually, without telling me, or even making false modesty, the results of my services according to anonymous feedback from students are in the best performance, it is factual, not a judgment. However, in these schools since the beginning, everyone calls me « Professor », I tried dozens of times, in vain, to explain that I had no diploma in the subject: I am a pure autodidact as a teacher. I only did business studies. I am not supposed to be able to teach; let's say without official academic recognition. No one has taught me the technique(s) other than common sense and my « feminine » intuition. The purpose of this explanation is far from telling the story of my life, throwing flowers at myself, but it is just to testify and draw a parallel with the current situation and potentially that of our future. It's legal, I teach, I never lied. But they continue to call me Professor, and all have said to me (those of the academy, of the administrative pole): « You do the same work as most of the "Official Profs" » (with rank, military medal if I can) by applying the same research methods as yours, having very good results so why not name yourself as such. » To tell the truth, this is a detail so I dropped the case to be honest but it is more than evocative, especially with this notion of titles, medals; for which, many people gargle as an ego dimension (small precision but highly evocative). Let's go back to the current situation and imagine a parallel: basically, I do not have my driver’s license (to teach). I have been driving for 40 years knowing the highway code, but I do not have the paper. Suddenly in my village, an old lady has a heart attack, we have a power cut or we do not act and she will pass away
or I break the law, the rules, I take the lady and her car and I bring her to the emergency room. The too academic, rigid side of certain institutions has always frightened me, the rules are important but a good mix of flexibility too. I will not talk about my phobia of blind and robotic administration which, from a very young age, reminds me of a passage from Asterix in the twelve works of Asterix (« The reference », you will say) with the famous form 38 (which is called the house that drives you mad, let pass Form 38). To see and review with family ... It is both funny and so true in many countries to have lived a third of my life abroad and if I count the majority, I have lived more time abroad than in France.

I’m going to tell you something that might make some historians and politicians cringe, so if it’s too unbearable for them they should cover their ears while reading. From a historical perspective, De Gaulle’s appeal to this hero of French cinema today (although I have not had a chance to watch it) is illegal, he’s basically a dissident. De Gaulle, under the Vichy regime, is illegal, a « terrorist » who terrorizes the established order. De Gaulle was in London trying to organize the resistance, but the official government of France (called Vichy) was collaborating with Hitler. To a certain extent, France was divided into 2 parts: the ones who were supporting De Gaulle in the resistance against Nazis and the other one respecting the established power of Vichy collaborating with German power…

I do not want to go too far but some will have understood the idea because where is the limit, can I burn at cross, endanger other lives to bring, without a license, this old lady who is dying …? I let everyone meditate on this theme. Personally « all I know is that I don't know ». That being without shying away, sublimely speaking De Gaulle knew how to reconcile history and France with a barrier of « all resistant », it was better that way. It is also what happened in Spain with the Civil War between Republicans and Franco regime and its supports…

It’s important to manage afterwards (I’m thinking about the transition and the arrival of the new paradigm). Nelson Mandela, when he came to power went to the widow of the man (Afrikaner, type « Caucasian » and leader of apartheid, the one who had thrown him in prison) to reassure her and say that she had nothing to fear, nor even anyone from the « white » community. This is called an amnesty. Many have blamed Mandela for fraternizing with the enemy. Imagine two seconds, him in the shade for 20 years, unjustly, he goes out, forgives and the people of his camp accuse him of being a coward. When I think of him and others, I say THANK YOU. Thank you, life for making such beautiful beauties known to me, human kindness. So those who see the grain of straw in the eye of the neighbor while the beam prevents them from helping the frame of the common building, criticize that Mandela in his younger years, was a womanizer ...

NB: small legal and moral clarification, it goes without saying that I am not veiling my face, or even looking away in the event that this character would have liked to indulge in looking under the girls' skirts, in hard mention: « -18 years ». I speak of course, in a dimension of consenting adults. Simple precautionary
measure of application of traditional Chinese medicine to avoid any controversy, or drift, or other simple interpretation. Personally, I am nobody to judge the fly strokes (consenting over 18 years old) (although in ready-to-wear, I have them produced), I have my own values and apply myself, without proselytism, my moral (say, my vision), because I try to be as tolerant as possible. Does a Politician, « must put himself » 100% naked, in the exercise of his functions!? Perhaps a little bit of modesty about washing your dirty laundry with your family in these troubled times would seem to be more effective in the cleaning process in many ways.

Please, no blows under the belt, on the one hand or the other, not underneath, not inside or outside, let’s stop fighting blindly. Likewise, by this message, these numerous subliminal messages could, depending on the appreciation of the subjects, be rightly and unjustly subject to controversy. And yet, they (my words) are not intended to take sides, in any way but to suggest not to divide (in order to reign better). We will have to be united and not make the wrong enemy (which is often only inside, see: the explanation of « Jihad », proposed in this essay), without which perhaps also forgive (see: the explanation of « Yom Kippur », presented in the next « chapter », say step3), amnesty, without forgetting or even excusing everything. If I create a fake breaking news from scratch, a special flash in which you learn that Leonardo da Vinci was…. [Small ad page, for shampoos, shower gels…]

dirty (let's say in our current repository). More specifically, he used to wash only every 7 days, on Sunday. Would you appreciate his Work differently, with tweezers, gloves, with wipes, masks ...? FYI, and that is not a fake news, Da Vinci was so disconcerting and insolent for many, that he made his self-portrait like this old man (whom we know « all »), say, thus freezing in minds, in memories, as such for the sake of posterity, so people do not make an idol of it, a physical icon (with quantitative « likes » nowadays but subtly qualitative timeless invisible). Another era, another time, another spirit: subliminally speaking an « altruistic Selfy » which crosses the ages! His strong message, through his unique self-portrait, sent to Humanity: do not focus on the image, nor the face of the artist, with your simple vile eyes, open your other senses: see from there: your eyesight, appreciate with the way of the heart the pure essence of Art, the Great Work! Now, pure info: for your info, Da Vinci was a great alchemist…

In this sense and it is only a simple interpretation, given that we have the right in art: to interpret (let's say to decipher the punctual and partial enigma vibrating with our present state of mind: the Da Vinci code-2) is what makes its magic; Leonardo embodies **The Light, The Soul of the world, This Presence, The Unity… found punctually in a single and « simple » man. By opening thus, he seems to invite others to admire Him (with a capital letter because he is aware that at this stage, there is no longer an ego dimension) and to contemplate (open the inner temple), by doing the same. It** seems to be experienced through us
individually and collectively and perhaps the enigma is to do the same, because ultimately it is surely the same essence there… To meditate deeply on this dimension and bewilderment bookish, whimsical, purely essayist… A word to the wise!

I invite everyone to wonder about my fake news which could have been replaced by a reality that only history has retained, concerning it, History, but which is not very well known. Today, some punctually confined tabloids (which are only mirrors of supply vs demand) would hasten to massify the noise of the wind!

Suddenly in the case of Mandela, these detractors who reproached him that in his youth, he would have liked « to play checkers » (on a principle and postulate of rules of the game agreed and accepted by all, say the people concerned) ; I would like to ask them if his haircut and his way of dressing were correct and acceptable, according to them… It is not an accusing tone, just a little humor so that we remember each other to reason when we get off the track a bit. I always ask my loved ones to tell me if my behavior seems to go out of the Middle Way... Baraka, the blessing (in Arabic) where the other allows us to give birth on our own...

Also at the risk of being redundant, but out of care that the patient is not amnesic after this operation (in this case, I anchor for a « future potential »), this virus is a symptom of a disease, a cancer in phase, well advanced so to speak in terminal stage, which is not new. It is the tree that hides the forest: the tree of life, the tree of knowledge with many mystical and symbolic allusions. And if we want to be down to earth, we let this system burn at both ends, we let this planet literally burn both literally and figuratively. How could we dare to let the president of Brazil do it (embers, Brazil, etymologically, this is the origin of this land), in the summer of 2019 who seemed to be delighted that the Amazon forest was soaring so that the short wood increases and this allows us to build more! The Amazon and here in Indonesia are two lungs that we burn or cut slowly, with large fires (fire the forest, adjective to say that it is dying), out of greed of the multinationals and individual, our Nutella etc. palm oil, pale of shame yes, we can. Just one example among many! It may be a very valiant break (of course not for these poor victims, I insist, but if I do not repeat it here, some detractors can always dismiss this passage by saying that I am delighted with the situation! Simple precautionary principle, preventive application to avoid the curative dimension).

No, I mourn and cry, like many, for human and environmental losses, the fruit of a blind system, but I have not been crying for a few days or a few months but have been alone for almost 40 years. Diagnosed as « abnormal » by my attending physician during the famine in Ethiopia in 1984, as I said because one does not cry for hours through the unbearable images of bodies comparable to death camps. From these horror scenes, I was told a few years later that Mother Nature was the culprit. However, she, wise and silent, could not defend herself against this count, without a lawyer. It’s wrong, we were lied to as a child, we were lied
to; I went there in 2016, in order to clarify (work returned and accessible for free on the internet entitled « Lucy2 ou le chêne ne manquant pas de l'arbre de vie ») as well as to purify myself, forgive this humanity of yesteryear which had lost its humanity because it is certainly a drought but also political inaction leading to a quasi-genocide. So to this diagnosis of the time which revealed to me « abnormal » and on which I tried to work and treat myself for years, I understood that the causes were what we call « hyper-sensitivity » Very developed senses what we will call in the future, in a new paradigm perhaps «a collective conscience»!

No, the virus is far from being a blessing, nor in any way a punishment, even if it is sad that poor innocents are already dead, gone or will leave. I learned today that an excellent friend and his wife with whom I had lunch two weeks ago were affected. When it touches you or your loved ones, it is difficult to speak of a blessing, of a benefit and of course out of modesty I will not do it but I will use a more appropriate term, in my opinion. It seems to be a test, a hardship. We could draw a parallel between a drug addict and his withdrawal. If your eighteen-year-old son is under the influence of drugs and you decide to force him to wean himself. Yes, he will suffer martyrdom, he will hate you, resent the whole earth, by expelling his venom. But the latter afterwards, once returned to a conscience no longer altered but more serene and calm, will surely thank his dear foster mother all his life. When I say a test, it is a learning for which if we do not understand it as such, then we will fail and, we will be forced like unwise children (in a very infantilizing way) to repeat, to study, again, otherwise another form, other opportunities will be imposed on us, to access the passage, to another world.

Why this analogy between health and the current situation of the corona virus. Because the metaphor allows me to apply the maxim: (« Mens sana in corpore sano ») « A healthy mind in a healthy body », and it seems that in view of the battery of tests that I have seen, my humble scale, our body, our world organism is neither a very balanced mind, and de facto, nor a body, truly, well-rounded.

I will give you three examples that I think are more than significant to help « climate sceptics » in their form of denial and blindness (probably also unconsciously due to fear, hence also the need to support them, but fear does not avoid the danger). The first example of notorious pollution is the icecap to the north filled with permafrost, the frozen part of the ice containing an incredible amount of CO2 and especially methane, accelerating by their melting; even more exponentially global warming, in a snowball effect if I may say, without precedent. It's strange, yesterday for the first time in my life, during these two weeks (What two weeks are you referring to?, during 4 hours of distance learning (online) with the SKEMA business school on campus in China, from at home in Bali (making it short online and live), I dared to say something to my
students. It was a 39 hours course in logistics & trade. So, I explained to them the means of transport: land, sea, air. The most popular sea route from China is the coast (Shanghai, Ningbo, Hong Kong ...) then the Strait of Malacca (off Singapore), Suez Canal (in Egypt), we go up the whole Mediterranean and we arrive at the port of Le Havre, or Rotterdam, Antwerp… let's say the largest ports in Europe. That being the case, I dared to reveal to them a new seaway which has unfortunately existed for 3-4 years but never ever, had I mentioned it. It’s a trajectory from China from the north: Shanghai, Qingdao, Harbin, Vladivostok in Russia then we go all over Siberia to the Baltic countries and we arrive in Europe via Scandinavia.

This route takes 2-3 weeks, which in this world of madness, this world « time is money », 1-2 weeks is really a lot. The ready-to-wear brands (especially in « fast fashion ») count in number of sales days. By the way, many do not hesitate to put enormous pressure on their suppliers, by making them pay the shortfall for every day late or pay the air, which ruins a season (6 months of work). We must admit that we have this luxury of being able to choose our collaborators, our customers who are most of the time reasonable, human people and who are aware of all that I currently deplore. By the way, our best client, incidentally my former employer, is a golden client, in the qualitative sense of the term: a very nice working atmosphere, good ethics, excellent management… I don't advertise to them since I do not name them but just to clarify, there are a majority of people of goodwill. I think, I hope. In any case, a small parenthesis closed, but which warms the heart in these periods of doubt (not without symbol: of the past and the future). In short, I announced to my students this route through the North Pole but with great solemnity, a serious tone and limits tears to the eyes. I never talked about it before because I was ashamed of it. We our society refuses to borrow it, because the more we spend there, the worse the situation will be. They all saw that it made my stomach hurt ...

Second sad example, to live in Indonesia, go and collect plastic very regularly on the beaches, in the Pacific, plastic is so important that we talk about the sixth continent.

And finally, a less known example and I invite everyone to check, in any case, to always check, a great Sufi wisdom says: « Always question everything, never take anything literally, even this advice ».

By dint of launching satellites into orbit to improve our internet connections in the desert, at the North Pole (I'm exaggerating of course), each shipment of probes leaves incredible amounts of metal in the orbit. Just tap on any search engine: « Earth Orbit Waste », you're going to be stunned. When I discovered this over ten years ago, I didn't believe it. Besides, I talked about it a lot, over ten years ago, in a science fiction book. It’s a kind of 360° Saturn (spherical) rings creating our prison, our own confinement or else it will save
distant worlds from being polluted one day. Anyway, in my opinion, before going to play, in the garden, you have to tidy up your room, basic rule at home, let's say my education: do homework and tidy up your room, then we can have fun ... personal blow now I try as much as possible, to have fun tidying up my room and to study, especially since when you tidy up regularly, it's less demanding… little metaphor of course, and basic rule of Feng Shui (« Wind » and « Water », literally in the millennial Chinese tradition). A word to the wise! Simply a matter of common sense!

So without transition, given the situation, such common sense pushes you to come and lend a hand to an elderly person who collapses, who makes a heart attack? Normally without looking at his masks: color, origins, beliefs, even if some call it as my grandfather used to say, « old cow ». The masks fall then, they reveal your true Self, superior to all this masquerade and all this type of emergency which generally mobilizes the hearts, the consciences and makes move the hands, by bringing voluntary arms. We don't shoot at the ambulances! It’s a question of education, otherwise we lose all human dimension. We are not even animals as some use the expression wrongly, but heartless machines, insensitive and poorly configured...

I think the butterfly effect is a double effect, a boomerang effect. A surge of solidarity can be contagious. Here's a nice story, simple. The problem here in Bali of frozen VISAs forcing full tourists to leave to return to their home countries like Italy and Iran ... dangerous places, has been resolved today. My partner, accompanying her mother, who has been visiting us for three months, went there. She explained to me that an old man, a stranger, not a local, in the heat, at the risk of catching the virus, was willful. He was active in all directions to provide assistance and facilitate fluidity. And you know what? He was masked, a masked hero, Zorro, this hero who fascinated me like many kids by the simple fact that he was not even recognized for his true worth, he did this out of pure altruism. I haven't seen Zorro, I was just told about him, but I imagine that everyone has seen his cape, in another form, or his shadow somewhere in his own life, in his own life scenario. All these anonymous heroes, it floods me with emotions, an unconditional Love, I want to thank, who, but who then?! Life, the higher Consciousness of our Humanity which is found. It gives you wings, it makes you want to move mountains or maybe replace the mountains in their places, the ice caps too and basically clean all our little mess up.

Yes, I believe in beautiful stories with the theory of the 100th monkey, with the butterfly effect. Just imagine a constant that couldn't be simpler: 1 vs 1,000,000,000, a priori, you are nobody but without it, this 1, this unique piece that you embody then the fateful threshold of the billion is not reached, de facto what refers to the theory of the hundredth monkey. Certainly, an individual action is only a drop in the ocean but if the
latter was not there, it would be lacking in the Source. That’s why Mother Teresa simply and beautifully said, « We realize that what we are doing is just a drop in the ocean. But if this drop did not exist in the ocean, it would be missing. »

Do not we say by popular adage, « the small streams form the large river » ... And to add, then pour out into the arms of the sea if you can see beyond the eyes! (Teresa: in the original version in French plays as one with Mother Earth: Mother Teresa and Mother Earth = sea let’s say has the same sound, mère (mother) and mer (sea)) ...

Besides, we don’t say it’s the drop of water that makes the vase overflow, it’s the same principle of the butterfly wing flap in the East creating a storm in the West. Helping others is contagious. A simple example that has been filmed, take the test. Hold the door, almost always in 99% of cases, people who don’t usually hold the door for others instinctively reproduce the pattern. I believe that being the change that we want to see in the world means that in fine subtle ways acting on the part of the great little man Mahatma Gandhi. Some will say to me, it is cliché, you drool ... Indeed, I try not to be stingy with beautiful stories, just to motivate the troops, including myself, so I remind myself.

As long as I am in « rambling », I insist heavily (note that all esoteric wisdom says that it takes three passages to avoid passing away, simple precaution), it will be necessary once the storm has passed, just like at the end of a war, also a great amnesty, not an amnesia; on the contrary, given that it will constantly require stings to recall this indirect virus that will have been this moment of error 20-30 years, half a century ...?! I personally think that it will be necessary to forgive, to give a share, to give your forgiveness, as at the end of a war, without which each, each camp always has the best « good bad reasons » to keep resentments, wills of revenge. But keep in mind that hatred damages the body, the heart and the soul of people and the Soul of the world. It is harmful and remains a cancer so even if it is not out of altruism, you might as well be in forgiveness to preserve yourself and gain salvation and inner peace. As I always have in mind « criticism is easy, art is difficult », because I undertake a lot of actions of all types and I say this modestly; but sometimes I’m criticized as a business owner, speaker, author… while I’m doing my best. I think most people do their best, as I said before, even any ruler around the world. I take this opportunity as an apartment mainly to take my hat off (not that I am leaving the stage) and to thank with all my heart the anonymous heroes from all backgrounds everywhere, on the planet who are mobilized for this state to pass: the medical staff, drivers, workers, handlers, peacekeepers, intellectuals, valiant influencers… etc. All those who work in the shadows so that the light will return tomorrow! Bravo to all those who try by all their means to lend a strong hand through different means. When I think of all these people, tears come to me, I am in gratitude and in admiration for what humanity can do most beautifully. Now these tears of joy also cleanse my sight, take away the veils of certain horrors that we can read or see elsewhere. I want to keep in mind only the good things, and the bad just in minute quantities such as a qualitative vaccine, to immunize myself.
Tomorrow it will be day, we will find where we seem to have wasted time. What we have considered most of the time as a normality: to eat to satisfy our hunger, access to health, education, security, our freedom ... which is not a due and even less universal since more half the planet is not entitled to it! It is by being punctually private that we highlight what we consider to be « normal ». An old Turkish wisdom tale tells that one day, Mother Nature decides to remove the only company of a lone itinerant merchant, his donkey that he adored… He was estimated to have an average life, neither miserable nor exceptional. So, the loss of the donkey plunged him into unparalleled sadness, like a torrent of tears, a deluge of emotion for three days and three nights. Then Mother Nature without judgment, without state of mind decided, to revive him, to return his donkey to him so that he could then have the impression of living the rest of his life in paradise and of sharing the good news with the greater number.
Step3: The Transmutation (Red Work: The Salvation)

The third step, in the alchemical process on our way, our quest for the absolute, what we call « The Great Work », corresponds to transmutation or transcendence, namely, to going to a higher state. Instead of constantly reproducing the same patterns of causes and consequences and thus stagnating in its circle or cycle indefinitely, it is symbolically a question of raising oneself on other perspectives, thereby expanding our spheres of consciousness, like a spiral, a torus, a toroidal representation to be more technical.

The result of this transmutation of our world will be, or would be the passage into the new paradigm, the «5th dimension», whatever the terminology. Let’s say a new era. The one announced and awaited for by most beliefs through out the ages and everywhere on Earth.

Salvation seems to be the universal quest, it is also how we establish a social bond with someone when we say hello (we greet him): « shalom » in Hebrew, « salam » in arabic but also in farsi, « Salamat » in indonesian, « salut » in French, « saluton » in esperanto… In English the « Sal » has been preserved with « SALvation ». That is to say it is preponderant and important in the four corners of the world. What is salvation, concretely? Access to peace, inner peace and beyond to outer peace. Be in harmony with yourself and subsequently with the outside world: others, society, nature … without dissociating, neither merging nor losing your individuality. More and more people, in the awakening, feel the need to refocus, to ask themselves about their lives, so they leave for the other side of the world, to an exotic country, from the Orient, to India, to Sri Lanka, to Cambodia… etc; for example for a 10-day Vipassana retreat. On the program of revelry, you wake up at 4 a.m. and do 10 hours of meditation in 2-hour increments. You can adjust your stay, with the option « without laptop » for a total disconnection and, from there, a deeper internal reconnection; or the « all inclusive » alternative, silent retreat! Today, it is imposed on millions of people around the world, a presumably longer mandatory retirement, when in normal times people often complain about having no time. Isn't this an opportunity to try in the end? The « pause » mode imposed by our system does not allow us to rest, to ask ourselves about ourselves (Our Self), deeply as well as our reason for being!? We are more and more addicted to our tablets, to our screens; in a few days, we risk losing power, to have enough, being disgusted, going around in circles, between a dispatch, looking at the evolution of the numbers of cases and deaths, global and by country as if we were looking at the table of fatal Olympic Games medals…
At some point, we are not going to say « STOP », « enough! »?! I need air, real, clean air, to disconnect from all this, to go to the forest when before in my daily life, I may not have been there. I've always said that sometimes you have to go deep, very low, to reach the bottom and, from there, find the impetus. Or again, lack highlights what we have on a daily basis, our ordinary routine perceived as a normality, sometimes boring, but when it is affected, it is taken from us and then returned to us, so we appreciate it differently. This is why many sacred texts, whatever the culture, suggest: « Die before you die ». It seems to me that this is an individual and collective metaphor.

As I mentioned in the second part, « Step2 cleansing », once the virus crisis is over, the tension subsides (which will be the result of a mobilization, nothing is done, I speak in the future to avoid that the conditional scares some and reinforces the anxiety-provoking dimension and weighs down the low vibrations of the planet which really does not need it), it will be important just like an amnesty, to forgive. Forgiveness is a cure, the Jewish tradition of Yom Kippur reminds us of it. Literally, it is not « day of forgiveness » but « day of purification » in Hebrew. Why this nuance? Because we purify ourselves by forgiving. Whoever has done something negative asks forgiveness of the injured person, the latter, « theoretically », let us say « traditionally »; cannot refuse it. The approach must be sincere but the two can only be released, alleviated only in the event of mutual forgiveness!

The dynamics are more than symbolic in my opinion. So, once that has happened, once the masks are going to fall: those due to the virus, those of the masquerade of the world play and the individual masks of the personality (« persona » in Latin means « mask », as explained above), we will have to apply what is called in mechanics, « resilience », roughly draw conclusions and take corrective actions. How to prevent this from happening again? How to improve the process? This is what we do when we establish a production audit, managerial, medical diagnosis (theoretically) ... Together rethinking the plans for the building of a new fairer society will be essential, as well as cutting and polishing the philosopher's stone in order to insert it into a cosmic and harmonious architecture for which everyone is invited as the craftsman of this structural work as well as the finishes (in alchemical term « Great Work »). Or, we must not neglect the aesthetic and functional harmony (ergonomics), the new decoration if I may say of this new dome, this new home which would be good, in my opinion, to manage not as a business but rather, as an association, in the noble sense of the term non-profit. Today, the running system can be perceived as violent, in a « do or die » in English in French literally « walking or dying » mode; but tomorrow, if he wants to survive, he will have to apply a flight rather, because in flight, the perspective opens up on wider horizons, thus never forgetting anyone. When one is too much on the ground, walking or running, at the bottom, at a long-distance, endless run, always « more and more »; we can no longer even see those behind, those who are crawling, or those who have fallen, those who have been injured and that play, ultimately, excludes,
sometimes some by their simple birth because nature does not have them given the hearing, to hear the starting pistol. Or, their geolocation, de facto, did not allow them to be in the starting blocks, but more behind as well as leaving also with chains in some cases, as well as other weights.

Yes, in flight, we can see better, and bigger. In this flight, if we have time to appreciate the signs of nature, we can be inspired by the flight of birds that move like one Man, each gesture is instantly the same for each component that seems to have an individual and collective consciousness. Admire these migratory birds which travel thousands of kilometers following invisible lines, the same ones equipped with natural GPS, since the dawn of time. Just like us, it is just that we have often created quantitative progress at the expense of personal, qualitative development; reducing our capabilities. Tomorrow, we will realize, if we work on ourselves, on our skills, with humility and respect (not to boast with those who evolve at their own pace, or not), that we had a natural GPS, an integrated portable, internet wireless, no fixed price… Because, indeed, these capacities never disappeared, they always remained there, in suffering, in potential. These technologies are called intuition, telepathy, access to morphic fields / Akasha / Ether …

I have been re-educated a lot by the philosophies and traditions of the first peoples in Mexico, Egypt, India, Indonesia, Mongolia, Cambodia, Ethiopia ..., shamans, masters ... Those whom modern society takes for « strange » people, from another time, those endowed with capacities of heart such that they do not impose « their » wisdom but simply pray that the arrogance of certain « said » civilized worlds, corresponding to an illness, treat themselves in a Love bath.

Yes, these « strange » people can help us. Nothing but our language, it will be necessary to take care of its word (in reference to the first rule of the 4 Toltec chords, one could not be simpler), « strange » and « stranger » are of the same roots. How Strange! How Weird! How Bizarre! How Wizard! With his majestic magic stick!

Small practical aside, here are these 4 famous Toltec agreements. Also, I invite as many people as possible to study them in more depth. It will only cost you 2 and a half hours of your precious time, because it is available for free in audio on YouTube, for an awakening that is priceless! But above all, it will be / would be even wiser to put your simple teaching, fruit of common sense, into daily practice:

1-« Be impeccable with your word »
2-« Don't take anything personally »

3-« Don't make assumptions »

4-« Always do your best »

Let us return to our semantic parallel between « strange » and « stranger ». That says a lot, something that we do not know is necessarily « qualified », if I can say « bizarre »! Or again, as I sometimes see comments, in very deep conferences which literally raise me: « it's boring », or « I understand nothing », or « better », say, worse: « it's confused, I do not get it ». Isn't it somewhat self-centered (ego-centered or navel gazing) to project your own limits onto the other, the stranger? But nothing to fear, the wisdom of these pure people may touch more than one. To enhance my point, in a sense that the other, alter, is often presented to us in our modern world as a threat, because it is often a question of externalizing the fault on the other, the key to vault of the existence of the ego. However, our society, too often selfish and egocentric in certain respects (and which goes astray, without warning), let's say individualist; exists only as such: in its policy, too often, of « divide and rule ». As a memo, etymologically speaking, « to exist » means « to segment »; therefore, the ego cannot be real, let us say to exist only because it separates from the other, from the whole (from the Great All). This is the reason why, I often say that the ego is prison, confinement, the inferno (in French in « enfermement » we can here « enfer me ment » « hell lies to me », it deceives me and blinds me in the dark!) Whose walls have of existence only because we wanted to, give them a meaning (educational-social-ethnic ...). I'm talking about psychological walls here, but it's also true for social or geopolitical barriers.

Some believe that the solution would be to erect walls, shame. In 2010, I visited Israel and Palestine in the so-called occupied territories. Testimonies, which I reproduced in a travelogue entitled « Shalom Aleykoum علیكم السلام »; which could, by the way - not without sense - also be called « Salam Aleihem », but that is another story, if I may say so, (in) a parallel world. So, we crossed the border on foot with my best friend who also became my partner, another gift from heaven for which I am thankful for every day. We talked to the locals, we separated, admitting afterwards, to avoid showing the other our tears, unarmed, if it was only my pain supported by my pen, to tickle the spirits, my « word » as peaceful « sword »). We only heard heartbreaking testimony somewhere; no animosity, only regrets. On the wall, it was written in English, many « shattering » messages, without any hatred. The most confusing, in a sense, was this: « don't build walls but bridges ». A nod to a part of the world that is afraid of its neighbor, of its family members or more generally of globalization, of homogenization, rightly perhaps, in certain respects. The hot and cold
currents in the oceans allow thermal dynamics (Gulf Stream ...), responsible for climates. Without these, it would generate lukewarm water, fresh water, annihilating the seasons, the cycles of nature and thus, any form of life! But when some people think of building a wall of several thousand kilometers that could take decades, we have seen that we may not « have » them in front of us; to the latter, I would simply say this sentence, borrowed from the great philosopher Elie Wiesel, with a subtly personal touch: « Those who do not know history, are condemned to repeat it. » Rather than fighting against the consequences, let's anticipate the solutions together, applying traditional Chinese medicine: preventive « versus » curative, cleaning the sources, the causes.

Are you afraid of cataclysms of human tides, of migrants who would submerge your land by hundreds of millions? climate refugees; perhaps it is wiser to reflect together on how to consume properly to avoid these setbacks (symptoms) of climatic disease; political refugees, perhaps it is wiser to reflect together on how to collaborate with certain states and leaders who do not respect people; economic refugees, perhaps it is wiser to reflect together on how to rethink the pyramid of debts, neo-colonization or even slavery which hides its name with certain poor countries and also citizens perceived as second zones. Naturally, migratory animals move to improve their living conditions, not for tourism. Any westerner, having had the chance to be born in the « right place » (in a kind of trading world, working like that sometimes walking backwards, kind of moonwalk dreaming of reaching the moon), if he had to play « live my life », integrating the past of a « poor man », in a country at war, with epidemics, and the amnesia of his former existence; it seems logical and natural that the latter would try to improve his (in) human condition. Empathy will perhaps, I hope, have the effect of a soothing balm for our future society ... A whole program, which leaves me dreaming ...

So, let's come to the blink of an eye for wall fanatics, not looking out of the keyhole, but opening the door to knowledge. The Chinese wall, the dimensions of which have been revised upwards recently by local researchers; is more than 30,000 kilometers long. The latter was built, not in 6 days but over hundreds of years, making it the largest cemetery on the planet: extreme heat in summer and scathing cold in winter. There are many parallel walls, on the ground, up to the Gobi Desert and East Turkestan (the famous Xin Jiang, in Chinese etymologically and literally « new frontiers »).

The objective that we know, was to fight against the threat of the foreign barbarian in the presence of the Mongol factions (Genghis Khan, for example, is one of the best known ...). That being so, what is less known, but the great Chinese scholars are aware of it; it’s that at the time, the Chinese also fought against the threat of other barbarian tribes, of the north called « Han ». However, this wall could never be airtight or contain the threat. Today, the national patriotic pride of the Middle Empire is built around its main ethnic
group (92%, out of 56 ethnic groups in total). Besides, « Mandarin » (Chinese, language) is said in three ways: « Zhongwen » (literally « the idiom of the center »), also « Pudong Hua » (literally « standard language », more academic term) and the very popular « Hanyu » literally « the Han language ». Why? Because the « famous » barbarian feared by ancestral China has become the majority ethnic group. Basically, the past fought with today's present winner (Han). Quite a symbol! Incidentally, it is quite similar with France and the Franks, except that it is a triptych with the Gauls and the Romans. The Romans gave more territory to the francs, the barbarians of the north (now Belgium and the Netherlands) to basically calm them down.

When you watch the news through the little window open to the world represented by television and when we speak of a country, as an entity, as if it were a person who should be praised, or punished and where you left friendship, memories, and Love (with a capital letter), which is always active through the magic of technology, with a collective judgment of the « X ». For example, the Iranians, the Americans, the Chinese, the Italians, the French, the Icelanders... as if it were one and the same spirit, and the same behavior, one single voice remaining deaf...

When you hear that such and such a country is punished by the gendarmes (originally « people at arms ») of the world, embodying morality, who write history at the time and sometimes even before you have been able to read it and « incidentally » live it; then, part of yourself hurts. It is as if members of your family were affected unjustly, as if this member existed in a kind of cosmic lung which is called, in Sanskrit for Hindus, cosmic breathing: « Atman » (Note that German the verb « atmen » means « to breathe »), or in other respects « Darma ». These vast concepts are ones that Western minds have a hard time grasping, and even more putting into practice. However, we are in an era of respiratory support and the virus affects our bronchi without our being able to stumble. Hence the need to write, for the sake of memory, to remember to ourselves this (s), before we forget it too quickly when the disharmonious music (in 440 Hz and not 432 Hz) risks resuming in fanfare. When we live with geopolitics, blind figures, death numbers are no longer quantitative but qualitative; we think of household, families destroyed (more than their homes), not just instantly, over decades. If we made more « live my life » hence my great Worldwide YOUmenchmark (WY: Why You? Because One needs Oneness, « We need us each other ») project (which we could translate in one sense, and one of the senses by « exchanging the world ») with the first stone « humanitarian service »; then we would push back, the frontiers of ignorance creating incomprehension between people. Most people say they don't love themselves because they don't really know each other or don't know each other well; or because they believe in the gossip (of preconceived ideas) of others, by swallowing them without digesting, without discernment ... WY, project that I wanted to submit to Jean-Louis Borloo (former mayor of Valenciennes, my city of childhood, for which he led remarkable collective work) in 2010; when he was
minister of ecology in France, but I think it was not the right time. You are going to say to yourself: « You are crazy, he would never have answered you! » No, no, I reassure you and on the contrary, I am convinced that it could have resonated with him and from there, echoed these concepts on a larger scale.

Seneca rightly said the well-known phrase, that it would be good, perhaps to apply more, rather than simply to know it: « It is not because things are difficult that we dare not, but because we do not dare that they are difficult ». For too long, we have « certainly » believed, alone in the darkness that beautiful stories did not exist, when they probably radiated and vibrated, on another more subtle level. Those who have changed the face of the world often did so because they did not know it was impossible! Together! Individual unity (once harmony has been found, thanks to work on oneself, after one has cleared up traumas, fears, etc.) leads to collective unity. From there, union is created. [NB: we need to explain the context and the essence of the original text in French « l’union ça crée » means « union creates » which is playing with the same sound that « l’union sacrée » literally « the sacred union ».] It is a reference to « the sacred union », the French mobilization, in 1914, under a single banner, whatever the social or political movements were to face an external threat. However, in reality, it is even earlier, it dates from 1791, when the French people took the reins of their unjust power. Let’s keep in mind the story and its mistakes because at the end of it, during the French Revolution, 250,000 innocent people were killed by indiscriminate revenge in what has been called « Terror ». In this overhaul of our system, we must not neglect education ... empathy, neuroscience ... by innovating and being inspired by existing achievements, known or not: the Montessori method or here at Bali the Green School with which I exchange and collaborate. These revolutionary techniques, let us say evolutionary, are keys, among many others, to open the doors to an unlimited dwelling; because developing tolerance and creativity for new generations is replanting the seeds of the tree (of life) which hides the forest of existence. Or, let's say the seeds that will bloom flowers of life with a holographic fractal dimension to be, a bit deliberately falsely complicated because well explained, this concept is simple as a child play and above all very fun.

We were in the existential idea of the quest for individual salvation pouring out on the collective. Let's look at the situation, on a larger, macrocosmic scale. Today, in the top10 of the « richest » countries on the planet, only one, Canada appears in the table of the top10 of the countries where it is « the best » to live in which, we find: 1st -Finland, 2nd-Denmark, 3rd-Norway, and 4th-Iceland. The latter, which are respectively in the classification of GDP (Gross Domestic Product): 62nd (Finland), 60th (Denmark), 48th (Norway), 150th (Iceland). NB: Sources IMF (International Monetary Front, barometer, metronome and meteorologist who makes the sunshine or makes it rain in regards to the financial health of our world. The figures of another actor: The World Bank; are substantially the same; they are consistent, they go at least, in the same
direction). I could have put only the podium and not the chocolate medal, but no, it is perhaps even more important and above all this example is not trivial. The 150th richest country or 44th poorest since there are officially 194, is the 4th happiest! Are we not witnessing here an inverted reality, an inversion of values?!

Iceland, a small island, a country rich in 360,000 souls (320,000, less than 10 years ago, 4 times the Stade de France, history to quantitatively visualize), is an example on two levels. First, the country went into 100% clean energy mode (100% renewable energy) showing that it is possible with the energy of volcanoes among other sources the same one (not sure what same one is referring to) that threatened global aviation stability in 2010, a decade ago. Then, it goes without saying that for a reason that escapes me, it was not too publicized but Iceland was, a few years ago, like a big company in default, basically on the verge of bankruptcy. However, the people, as one Man, took the (ir)responsible leaders by the collar and imposed pressures such as: « It is not up to us to pay for your mistakes and your corruption ».

The Icelanders thus elected a man then a woman and, from there, set up, a constituent assembly made up of twenty-five Icelanders, resulting from the civil society with for mission to revise the Constitution. I repeat « from civil society »! Here's an idea! It's funny, they baptized their movement « The Party of Independence and the Party of Progress »: independence from the global financial system and progress going in the qualitative sense of respect for nature and people rather than profit first.

« But it must have been a fiasco », some will think, « if they had not done great political schools »! The economic health of this country has never looked so good. Others will probably retort: « but they are 150th economically therefore the 44th poorest! » Yes, that’s okay with a quantitative ranking that only focuses on absolute production, nothing more. You have to put it in qualitative perspective and if you want quantitative, it's a country as big as Nice, the 5th largest city in France! The perversion of numbers and rankings is precisely so that they can be used and manipulated, especially since many have an epidermal relationship with them, so are strongly « suggestible », if I can say so.

It goes without saying that there is strong reason to believe that the corona virus risks taking on a large responsibility for a potential crash, at best a financial crisis. But don't be fooled, it's just the tree hiding the forest, a pretext to carry out the « reset », putting this on the fault « no luck ». What is the famous « reset » that we have been talking about for a few years now? Basically, to put it simply, without making the economist too seasoned who goes out of curves and graphs, in all directions and loses the majority of his audience in two-three sleight of hand like a conjurer. We reset the counters to zero, we pay off the debts or as on the scale of an SME, we put everything in liquidation or in profit and loss; and, we sell everything for
1 euro symbolic. Except the legitimate question is going to be? Who will buy this world from us at a
discount?

Martians, multimillionaires who will have advised this measure? Advise on the collapse and at the same
time wait and speculate on the buy at low prices, it is history as well as the example of the near past: the
Rothschild bank with Napoleon and the bankruptcy of Greece by Golden Sachs among others … It could
still happen. This is why Napoleon had declared: « When a government is dependent on bankers for money,
it is the latter, and not the leaders of the government, who control the situation, since the hand that gives is
above the receiving hand. […] Money has no country; financiers have no patriotism and no decency; their
only goal is gain. » It was, two centuries ago! So, who remembers it!? Martin Luther King said of the
American people, which is applicable to the whole of humanity, since ignorance is fairly universalist, in
the sense that it has no borders or color: « these people have a memory of four days ». They might say to
me, « This is a conspiracy! » No, this is history, a simple duty of memory, for a student of studious life.
Elie Wiesel, great philosopher, survivor of the death camps, said: « Those who do not know their history
expose themselves to it starting again ».

So, it’s sure it’s not too much media, trendy; we prefer to shed light on the dark bankruptcy of Argentina,
Venezuela …; it’s more anxiety-provoking and from there, it reinforces the feeling of: « thank you for
keeping us on a welfare system » (like the Welfare State). Like what, these old Vikings, these barbarians
of yesteryear, these foreigners who terrorized a part of the world, can embody a found wisdom! A word to
the wise!

Small essentials aside and not without sense even less without symbolism, let’s come back to these two
ways of classifying life quantitatively and / or qualitatively between GDP and / or « we are the happiest ».
They will allow you to put the cursor and choose what you want collectively and individually.

What good is it to be super rich if you are poor in heart and harmony. I spend my time teaching this to
students from the most prestigious business schools, top10 of the best in France, top20 of the best in the
world; to just come out of the rankings and define what success is according to them.

For the record, chance or synchronicity, this April 1 (it's not a joke) 2020, I give a distance conference
(online though live) at the SKEMA business school on the theme: « How to succeed in your career and
your life? » I gave already this lecture physically on campus in China last November in flip-flops, trying to
launch a new fashion. It made a lot of laughter, initially and then as an introduction, I explained the depth
of the symbol to them.

What interests me the most is the second axis, since there is also the school of life which is, in my opinion,
even more instructive! So, I thank life because I define myself as “successful”, in no way for my bank
account, my career, the phony titles: « President* », « Co-creator », « Professor », « Speaker » ... blablabla!

All these masks which mask the real Aurélien: this little kid of 40 spring who has not changed, who is the same as his origins, who knows his roots: maternal workers and paternal peasant grandparents. I consider myself « successful » since I am free and because I was lucky to live the life I dreamed of and felt fulfilled, with deep gratitude. In my opinion, success is a discipline and also a state of mind. Everything depends on your goals, your aspirations, your raison d'être, as well as a pinch of luck (for the magic to take hold).

Personally, my reason for being is simply to be: 1-in harmony, 2-to be useful. At first sight, it sounds cliché but it's deeper. It is an invisible double-sided medal because to be useful, I must, beforehand, be in harmony (how to help someone to get up, if you yourself, fell below ground) and moreover, the more useful I am because I give more, the more I receive and the happier I am! I think it’s the magic boomerang effect of the miracle of life. And above all, this medal is invisible because there is judgment and satisfaction that is only mine.

But as Seneca says, « There is no favorable wind for those who do not know where they are going. » In this vision, we will have to define together, what we clearly want for our future, individually and collectively. Personally, I applied the Chinese or Eastern philosophy of the Middle Way or contemporary philosophy of the « big little guy » Pierre Rabhi « happy sobriety ». And when I say that I feel « successful », it is, of course, not to dazzle people or to highlight some darkness at times, far from it. On the contrary, it is a question of trying, without having rocked the house, exploded the storytellers, the medals, the prizes, the rewards ... (No, no, I won my « Squabbling » (inner battle) of the ego, there is many years, laying down their arms and tears); as I can, to enlighten some so that they find their own way and in turn emit more Light.

Thus, tomorrow, the visions of the old world and the future paradigm will « clash » or let’s say at the beginning will overlap (the probably will evolve at their own level, at their own rhythm and their own height of vibrations, this crucial point/these crucial points will be evoked and depicted in the new book « Sage passage » in progress for more than 2 years). Personally, I will keep in mind, not without symbolism, a mythical sentence from a Chinese woman who has toured the world (of the Middle Empire, around its own axis, navel gazing) showing that, in a certain way, it was not turning so round: « I prefer to be sad in your BMW rather than happy on your bike ». Because, it will not be a question only of institutional reforms but also educational, social... This participation in the « war effort », if I may tell, or post-war effort, let's say peaceful enterprise, can be done only with the sincerity and participation of the greatest number. Probably, in a network, with more proximity, of crafts, a local market, permaculture by giving up intensive and extensive agriculture without faith or law, without respect for life. For those who do not know, permaculture means: the conscientious design and management of productive agricultural systems that have
the characteristics of diversity, stability and resilience of natural ecosystems. This is in complete opposition to the strategy of certain corporations which impose on the small cultivators of the planet, to use their seeds, granting themselves the exclusivity as well as the dependence since they are « good » only for unique use: it is therefore an annual renewal market! Some will think: « so where? You need land. » Certainly, without which we are free to create a new state! A state of mind, without borders, above ground! This is another story, a beautiful story that I have been trying to write for two years, in a work that perhaps (since « BARAKA-casser la baraque » in English « BARAKA-the piecefull barracks » refused him priority and this one currently « CORONAPOCALYPSE-S.O.S: Save Our Soul(s) » which imposed itself, also without my consent, as a simple scribe); will see the light of day this year. [NB: In French the original title being « the lifting of the veils when the masks fall ».]

It is called « Sage passage », and deals with the transition to a new paradigm, in a pragmatic way with real solutions and ideas. But the changing world every day is almost an interactive work, hence the support of the Worldwide YOUmenchmark platform among others ... But let's take it step by step, stay the course, and a certain approach structure and strategy. So back to our crucial point, it is this resilience that will appear (and not only good figure) of transmutation, of transcendence to use my subtle central metaphor of the Great Alchemical Work, the main « material » metaphor being health. Some may think: « he is nice, he talks to us like crazy people, like the nurse who sometimes talks to a 77-year-old patient » he took little blue blue pills »; I'm exaggerating, I'm kidding. Humor is also part of therapy on the path to holistic healing. Tomorrow, I hope that we will smile about it, without laughing at it, of course, because the decency of lives unjustly sacrificed will prevent us from doing so ... That being, in a rather sarcastic way, we will say to ourselves - « How did we get there! »

In truth and what is most frustrating is that, basically, we have everything on the surface of our planet but badly planned, the « too much » creates problems and vice versa. A simple example, obesity, too much food (quantitative and not qualitative) costs the USA as much as what Africa needs to fight against malnutrition!

When you look at what we waste and throw away in the so-called « developed » countries of the West, almost half; it's just revolting and so frustrating!

Gandhi said: « The world has enough for every man's needs but not for every man's greed ». There is the euphonic beauty of the rhyme with « need » and « greed ». As I write originally in French, I could not have this subtility like this essay has a different name in English which will be entitled « CORANAPOCALYSPE, SOS: Save Our Soul(s) ». The brackets can show we have individual soul and there is the Soul of the World, like the ocean integrating the sum of the drops. This oneness, unity is supposed to be the final stage of our
transition. The new paradigm will be based on a collective vision in the spirit of group instead of extreme individuality of the current society.

Beyond that, not without symbolism, there are translations which will remain almost impossible, in particular the word games or the world game, instant proof, with this one which can generate real headaches: an « earth attack » or vice versa with a certain vice of « heartquake » as well as subtle games of reading and writing, with various (for entertainment) levels of language (while remaining courteous that one called « language of birds »), having ricochet effects and butterfly effect… A word to the wise! NB: after several words to the wise, we are going to be able write a quote and who knows! A book! The Great Book of Life already contains this wisdom, this common sense or good sense! Please meditate of this crucial « passage » as a kind of holy verse Oliver Stone! (cornerstone of the philosopher’s stone on our alchemic quest to find the holy grail which might be deep inside us: the way cup, the wake up call! It is now here and in parallel nowhere…) as maybe it is a state of mind!

One minute of silence! R.I.P

This is what I have been working modestly, humbly as a « simple secretary » for many years and which I wish to formalize ideally in 2020, thanks to the launch of « Worlwide YOUmenchmark » literally the point of reference / human and universal comparison, playing on the double word game « Benchmark », « human » and « you (individually) / you (collectively) » since everyone is invited to participate. Basically, it is a platform that lists as many good and beautiful ideas « on the surface » of the planet, contemporary and emanating from the past, namely our world heritage of humanity. Just like disease, according to many traditional (Chinese, Ayurvedic…) and alternative medicines, emanate from a malfunction and a bad circulation of energies: the ideas are there but, often, a remain little known and especially little implemented. application. So the methodology is to sort this information in order to make it accessible, free of charge, to the greatest number, with the ultimate goal of making individual and collective life a more harmonious, respectful, and benevolent yearning for our inner and outer peace, for the salvation of Humanity which would then cover its humanity!

More down to earth, if I may say, say, pragmatically; the platform (or portal) is supposed to be accessible to the public and, thereafter, should, like a website, be segmented by section or theme. The idea is to classify, synthesize and make it easy to access, the info with the possibility of supporting, to deepen with the method of the funnel according to a simple « grid » (even if it will be necessary to « think out of the
box », as we say in English): 1-the idea / concept, 2-the added value or result, 3-its application, its implementation, 4-the reference, the source, 5- its field of action and links with other disciplines in order to improve and amplify it qualitatively.

The non-exhaustive themes will be (would be): science, environment, health, sociology, economy, education, art, philosophy, spirituality ... etc, with the wish to establish links, parallels between the headings bringing an interdisciplinary dynamic creating « theoretically » magnificent harmonious synergies. Simple holistic application (« holYlistic», in English, the symbolism and subliminal messages are in the Shakespeare language, here in this example and language of the birds, richer), just common sense, a game of children ... « Let's play, have fun...! » OK, when the corona knockout is given, the GAME OVER officially announced. So, we can come out of our classes, our huts, to get a good breath of air; if we conscientiously carry out our duties. Let's take it step by step: the corona test is decisive, if one does not wish to fail, repeat and thus move to a higher level of consciousness, in another class ... with the real Great!

One more word to the wise!

There is no recovery idea behind; it's apolitical, agnostic ... Just common sense, common sense, meaning like ONE! If someone puts it on before, I'll be more than happy. I have no personal ego dimension, because it’s just a launch, I need others at any level to make it work. I do not call for donation, no need for, say, no financial donation, but why not donation of oneself, donation of a little time, donation of arms, donation of ideas, donation skills, gift of the heart, donation of a smile, donation of word of mouth (to just pass the baton and highlight the Light with an enlarged qualitative perspective... Alone, I can do nothing or I cannot do anything, together we can do what we want and at any level!

My book « BARAKA-casser la baraque » (in English version entitled in progress of translation: « BARAKA-the piecefull barracks »), published at the end of August 2019, is for sale and all the funds for each book sold are donated to an orphanage and to the planting of a tree. BARAKA explains in much more detail, this project and all the themes that we have gone through in a much more in-depth and digestible way since it is a novel, a fiction. However, it is quite substantial 500 pages (on an A4 format), which I have been criticized for by many. But when you give nine months of your life up to 6-9-12 hours a day and night to give birth to such a baby out of pure altruism it may be because « something » prompts you to disclose this unconditional Love, something which animates you and has waited to be shared for a very long time.

As I said, I have been writing for 2 years, for a work called « Sage passage » , I repeat myself and will try to explain, the global transition that we are experiencing and what will represent (it) partially, the new paradigm, in some of its different forms and other broad dimensions. It will act just like « BARAKA-casser la baraque » in English « BARAKA-the piecefull barracks », not of an absolute truth but a simple and
humble springboard for exchange, discussion, and improvement. It is nothing more or less than a catalyst, a passive presence in order to activate a reaction in chemistry. I have always defined myself as a « conscience projector » referring to « conscientious objector »; basically, a term reserved for the army for a person who deserted, because I chose to lay down my arms and just try to establish a reflection, a peaceful inspiration for a new harmonious cosmic breath (in reference to Hindu philosophy). I dream so much since childhood that this molt happens, with the least pain possible; ideally without any pain, that being, as we will see later, with the quotation from Shams de Tabriz, during childbirth; midwives know that pain is vital to opening the doors of life.

Thus, we then need the general anesthesia of the planet made possible by our benevolence, our optimism, our tolerance as well as our coolness (in our bodies, not in pouring it out). Some who will read this, may say to themselves: « But who is this megalomaniac, he shows off, Sir I know everything », « Mr I do everything well »! Those who know me, know that I am in no way looking for spotlight, on the contrary, I don't want to be a star, my God! At most a simple little star that always shines humbly. I have tried to do my best to help some find their planet, or to light them so that they can find light in their own way, amplifying this Light** without limit, nor border. Such a constellation of star (the words « star » and « being » etymologically in Latin have the same root of the tree of life « to be ») / beings will shine, in light years, in a satisfied way, for what we will have done to leave a beautiful borrows in history. There will be a support to receive this same light and to be able to remember this beautiful history. History is only an eternal beginning, where we constantly replay the same part until the moment when we have learned, understood, and put into practice that we are unity, the Consciousness which is experienced individually and collectively! As Marianne Williamson (or Nelson Mandela originally) said brightly, a light that I keep trying to spread, « When we allow our inner light to shine, we unconsciously offer permission to others to do the same. » Very down to earth, you just have to see it when you are holding the door for someone, in 99% of cases, even if that person is never used to doing it, they will do it unconsciously and by mimicry for whoever follows him.

It’s a virtuous butterfly flapping effect. I believe that it is up to us to take the first step, to smile at people and at life, to reach out even, if we take rejections, which there will be, that's normal. In this book « BARAKA-casser la baraque » in English « BARAKA-the piecefull barracks », I tried to present on different levels. I explained that, for those who did not have the means, I will send them the book free of charge, and that is what I 'have done. However, a few « little guys », received the PDF and put it back on sale. then without my intervention, I no longer found any traces. This last part « then without my intervention, I no longer found any traces » is unclear to me. Did I rebel and stop it, did I do something!? No, I had better things to do, to try to disclose more. These people took away money, intended for the
children of the orphanage to whom this profit normally returns. However, I did not know these individuals; perhaps, were they really in need or had they themselves been duped, « the poor », who knows!? And then, in the end it was what I was looking for, seeing that initially, I wanted to offer it for free! I seek to disclose this in an attempt to spread this Light which has animated me since childhood! So, it does not matter, if in the batch, there are rotten apples, in the end, there will remain an important essence, and then it will create compost and, from there, humus, ideal soil for new shoots. In each accident, theft, spoliation, cataclysm, there is as much abuse and injustice, as solidarity and mutual help. It is up to us to look at what we want (the glass half full or half empty, depending on our thirst, possibly relying on it if necessary, at The Source) and do not forget that which elevates our vibrations in order to elevate us.

If you want to be very binary, according to the teaching of « A Course in Miracles », an initiatory work (which requires support on the path of understanding, translated into French, by the remarkable Sylvain Du Boullay, a person who seems to have in practice, this teaching of the heart, intuitively even before having read it), there remain two energies. It is first of all about 1-Love ** (with a capital letter, not carnal love, let's say: Light: OUR / AUR / NOUR…, all these words that I symbolize with ** are different as a ray of this same Light, « incarnating », this intangible, fuzzy concept of Unity); as well as 2-fear (which we could compare to segmentation, the separation of this Unit). Suddenly, fear is only a lack of suffering Love which aspires only to evolve in Love, to be helped to recover its Unity. It is a fear, to be abandoned, to be betrayed, despooiled, humiliated, to lose something or to be dependent and, thereby, vulnerable, to miss ... etc. All are cries of alert, SOS, cries that call directly or indirectly to be called to order, to the Light, blinded in and by darkness; to Love, Unity. This is the metaphor that appears in the preface to « BARAKA-casser la baraque » in English « BARAKA-thepeaceful? barracks » (available free on an online platform, namely the preface and the first 4 chapters with free access) of the little Light and the little shadow, which roughly go hand in hand as a Whole and that etymologically existence means « to separate ». We need to separate from the Unity, the Great Whole, to understand and rediscover this unity. So, these people who, at the start, will reject our outstretched hands, our smiles, are only seeds planted, so that one day when their soil will be more fertile to this Love, the true water of life, a tree of life will be born and will hatch generating countless shoots.

These people who seem lost, in greed, fear, hatred ... suffer, they need our help. As I often say, « The light illuminates the way of pure hearts by showing them the way but blinds the lost souls who wander and get lost in the darkness of darkness. » The other, altering it as I explained at length in « BARAKA-casser la baraque » in English « BARAKA-thepeaceful? barracks », corresponds to a blessing in the sense of revealing a cosmic catalyst because The Living, the Soul of the world, Universal Consciousness, The Absolute, Light ... **; is experienced through each of us like a giant kaleidoscope.
To go in this direction, once again Victor Hugo said « simply »: « Conscience is God present, in Man ».

Or, with a more oriental touch (after quoting, a « simple » Great author « of the soil », of French literature, not religious, nor mystical in appearance, with a history of moving from the Alpha to the Omega to try to explain or evoke this famous concept of Light) as the great Sufi Rumi said: « The truth is a mirror fallen from the hand of God and which broke ... Everyone picks up a fragment and says the whole truth is there.»

Rumi, Victor Hugo… and countless other rays of human Light have always tried, as best they could, to recompose the pieces of the puzzle of this broken mirror as well as to polish their own philosopher's stone in order to remain transparent like glass and thus allow this Light to pass through, without altering its essence, but on the contrary by amplifying it further. Small subtle detail, each piece of the broken mirror, contains the reflection of the entirety of each of the parts.

This is how people who carry the Light always end up meeting. Because the reflection of what you project on the other comes back to you. As for the others, it seems that it is necessary to invite them to help them raise their vibrations because I repeat to myself it is a warning cry, an S.O.S, just like our system through this virus is. This virus is nothing but darkness, suffering, from being released from its Light. I know it sounds wacky to some, crossed out for others, lit up ... whatever. Essene (esoteric Jewish tradition), Gnostic (Christian esotericism), Sufi (Muslim esotericism), Qigong (one of the four ways of operational Taoism) care ... all abound in the sense of current somatic dimension: healing often remains in positivity (positivism), in the Love of these defective cells de facto disharmonious. The miracles of the holy texts or those of bonesetters, shamans and other healers, etc; correspond to a work of « diplomacy », if I may say so, with these so-called negative, dissonant energies in order to make them find and recover their Unity.

The power of thought is one of the keys to the new paradigm: « Be the change you want to see in this world » said Gandhi. It's pragmatic but conceptually the Buddha said: « We are what we think ». Basically, we're like magnets, that's magnetism (same root than « magnet », literally which attracts); thus, we attract what we think. For the record, magnetic energy is one of the 4 pillars of the 4 energies (1-electromagnetic, 2-gravitational 3-weak nuclear and 4-strong nuclear) that structure the building of our universe. It's physics, science, not spirituality!

As a result, the state of the planet seems to embody the reflection (like « infinite » mirrors) of our individual and also collective thoughts. Then the collective unconscious or « mainstream thinking » is reflected, infinitely by amplifying, on individual consciousnesses. Just read the hateful comments from the forums on the internet, or on YouTube, whatever the themes; most of the time, these are real pogroms, lynchings, ramshackle, as if behind his computer, anonymously, many needed to get rid of these bad ambient waves.
every day! As a result, it often concludes individually with: « People are stupid » or even: « The world goes crazy! »

That is to say, the stage of advancement of the disease in our society! Consequently, the virus, the cataclysms which have occurred and may come, are probably not there, by pure chance, but by this law of causation. We (my partner and I) offer a planetary meditation accessible on Facebook, with two versions: in French and in English that is 9 minutes in length entitled « Well-rounded meditation ». Each month we have « painfully » reached 4000 members for a year and a half. While we need to be almost 9000 people, and in a few days at the same time, ten thousand thugs managed to organize in France thanks to or say because of social networks! It says a lot! Wink I did a short 20 minute interview on the internet on 25 keys to and advice on « how to raise your vibrations » and a week later, this same channel offers a video that has 7-8 times more traffic on the corona virus and its anxiety-provoking dimension. NB: even if the turn of the subject through the video was magnificent, wise and harmonious thanks to this person Ivan (Skybyk), a real treasure fallen from the sky for which I am grateful. But if we just « confront » the themes: 1-raise your vibrations and 2-epidemic? What does that mean? People seem more drawn to their fear than being taught practical tools to achieve harmony!? Is it perhaps a coincidence, or rather evocative?! You choose.

Raising your vibrations allows you to be in good physical, mental and psychological health; fear attracts (in the law of attraction) the virus, if I may say so and above all lowers immune resistance. I am not saying that those who were affected were embittered people far from it. Likewise, every sentence I write or say can be perverted; and it often happens, when people bad in their pumps, put on their dark glasses, they then see everything in black. One can misinterpret everything that I say or that anyone says, who tries to transmit ideas of harmony, with the greatest sincerity, with all his heart!

So, what other advice are we going to give to each other? I am not a doctor; respect the safety instructions, but raise our vibrations, refocus and at the same time be open and more careful; these seem to be keys on a daily basis. I can advise in regards to « chaos theory ». What is it about? It is a question of considering that we really lose something (or imagine it) to become aware of its importance in our normal life. The present situation is a good example. At the time of writing, I am finishing for this equinox, a 72-hour fast, so I have not eaten for 3 days and 2 nights. Hunger is still eating my stomach even though I am used to it because I have practiced it, at least, once a month for years. In what interest? Some may think: « A sado-masochistic delirium ». First, and I invite everyone to check on the third day, your immune system is almost completely renewed. In addition, your entire digestive system (which in ancestral wisdom is called the « second brain ») is cleaned, you drain. Your feces that are stuck to the walls of your intestines disappear. To be more down to earth, it’s a kind of Destop; from there, you detoxify your body, your eyesight improves, your dynamism, your skin, your freshness of mind is surprising.
Then you imagine, the cucumber that you don't usually like; becomes delicious, eating becomes magic. The third axis has the virtue of allowing it to be remembered that eating your fill is not normal, in this system where half the planet does not have access to it. Of course, these three days of fasting are not suitable for all metabolisms, you should talk to your doctor. Ayurvedic nutrition (the sacred Hindu tradition for several thousand years) is based on the blood groups of people, their age, date of birth, times of day and times of year. Why? Because what is good for you now may not be good for next month, or for another person. For me, it is like all relativity, everything depends on everything in this sense, that there is no magic religious, social, systemic formula ... There are as many keys as there are doors and the diversity of these ways allow them to vibrate more or less, with certain individuals, just like the learning methods: more visual or auditory. In the end, it is the same: what is important is learning, the end justifies the means, whatever the route, the means as long as you reach your destination. It is in this sense, that each spirituality has its reason for being when the first messages were not perverted for political ends or goals of the age-old policy « divide and rule » (not divine and rule of course!).

I spent 25 years trying to establish, without drowning in a flood of information, parallels, bridges, between the main currents, which such tributaries led me systematically to The source. It is in this that Gandhi wisely said « If we could read the scriptures of the different religions, we would realize that they are basically, identical and complement each other wonderfully. » This is indeed what I have had fun doing for years, trying to recompose the puzzle and to put together the different pieces of the masterpiece of the Great Book of Life as I like to name it.

Absolute truth does not actually exist but conceptually as the sum of relative truths. The perception of each individual corresponds to one side of the Rubik’s cube or the gigantic kaleidoscope that represents life or should I say « The Living One ».

Here is another piece of advice, very simple but more than symbolic, in a wish to be healthier or more resistant to any threat. Practice certain forms of holotropic breathing: rebirth, breathwork ... with different ancestral Buddhist, Essene, Sufi, or even contemporary methods, I am thinking among others of Wim Hof’s free breathwork application on your smartphone or the Internet ... In fact, there are hundreds. This drastically boosts your immune system, and incidentally, allows you to secrete endorphins, namely, one of the 5 physiological hormones, linked to happiness and well-being. Personally, every morning, I practice for a few moments and especially depending on the day. I’m not trying to break records (and to appear in the Guinness World Records), far from it. As I say about meditation, until now, it is a discipline still untouched by performance, there are no Olympic meditation games yet; no awards for being able to stay in apnea for four to five minutes. At this point, if you push a little, without putting yourself in danger since the ultimate goal is to improve your health, what a joy to breathe in again or on the contrary to breathe out. From there,
every second becomes a miracle, it’s literally enjoyable. This is the technique of chaos, you can imagine
the worst, and in absence of that be grateful and appreciate what you have.

Never lose sight of, nor forget that happiness does not stem from having what one wishes, but from being
satisfied, with what one is, as well as what we have.

When you have had pain all over the plane, one night during, then your insomnia, in a cozy bed, becomes
magic. This sentence is awkwardly phrased. Maybe – When you have had an uncomfortable night of
insomnia after a plane ride then a cozy bed becomes magic. When you can't stand standing or walking for
hours on end, sitting down becomes an ecstasy. Or on the contrary, when you break your leg and get stuck
in a wheelchair or a bed punctually, you dream of being able to « complain » about being tired of walking.
Unfortunately, some are condemned for life, but remain dignified, never complain, they are, for me,
masters, real sources of education ...

A last example of this chaos theory, the day before yesterday, we were woken up at 1:30 am in Bali, by an
earthquake of a 7 magnitude. You will say to yourself: « Things happened in 3 days ». Indeed, and again
this is not exhaustive; I have experienced two other very intense trials. I had already suffered several very
violent earthquakes, including one in the summer 2018, here in Bali. I must admit that it was a very
confusing experience. This minute of silence that lasts forever puts things in perspective. You realize that
rich or poor, dream villa or makeshift hut, well-filled bank account or empty pockets, superb life insurance
or precariousness from day to day, with or without papers… We are 1-all equal and 2-very vulnerable.
When we say Human has mastered nature ... Human has mastered nothing at all, the earth coughs and gets
rid of his unwanted little fleas with the back of his hand. I experienced what I always thought: « you never
have anything except a bit of time for a little wild while ». And the third existential revelation (of this
earthquake) was, that even our earth; when we say for people called materialistic, rational, Cartesian « down
to earth »; is not stable.

Life seems to be a verb which conjugates every second with an incredible number of people, with an
unlimited number of epithets. From there, we understand that « The Living or The Living One » is in
perpetual motion like an elusive slippery soap in both directions. As I write, my window overlooks the
volcano that woke up two years ago, threatening the whole island (called locally « the Island of the Gods »).
Yet it is this same summit that I like to climb to gain height and appreciate the reward, after the event,
of marveling at a breathtaking view, leaving room for a horizon, a priori, endless, thereby expanding, always
gaining different perspectives. And yet, maybe one day, it will destroy everything, just like the sea with
which I play every weekend, surfing the waves. Not to surf the wave like the trend; so to embody the
archetype of the cool guy: « Brice de Nice » (title of a French sarcastic movie about a blond surfer) ! No,
no, just because I like it. I do not expect any performance, reward, medal, just pure pleasure, joy! Well, one day perhaps it will bury us, like a new Atlantis, a Lemuria, reminiscent of lost civilizations. Not a day goes by without me thinking about all this. And yet, those who know me, know that without wanting to be a hero, I am serene and always in harmony because I have accepted the rule of life: to be at peace with death, the end which exists only as another story, another chapter in a book and an endless universal library. I actually injected a little bit of this virus into myself in order to immunize myself, it still took me many years of discipline and frame of mind. I would clarify this last sentence. My impression was that you were talking about Corona, hehe.

So, to understand this concept of chaos in order to highlight the beauty of certain things that we take for granted as normal ... There is no Eldorado, paradise, there is only this present moment, which is a gift. Everything seems to depend on your vibration with this state, once we put this into practice, life sings, life is a miracle, every second is precious, the present is a gift that you can grasp (in both senses), embracing it as it should be; and whose essence you appreciate and be grateful for.

There are so many techniques around the world for being healthy and in harmony without spending a single penny! As Hippocrates (father of modern medicine) revealed, « The forces of nature in us are the true healers of disease. » Let’s note that in the language of bird (the mystical green tongue) in « disease » we can hear literally « dis-ease » implying a disharmony, when your state is not at ease.

I think that, its field of action is not limited only to the health of the body, but extends to all this gigantic living organism which we call life, the universe, the cosmos, ultimately the Living, the Great Everything, the Big All or Big Whole, our world, our system, our lives, our individual and collective lives! The alternative medicines of tomorrow will be new sources of inspiration. I think, in particular of: 1- energization, 2-sound therapy or music therapy, 3-hyperventilation and 4-sacred geometry ... I invest a lot of my time and energy into these disciplines of the future, which are axes of broad development of unprecedented potentials, free to access, for the greatest number.

It’s also in this sense that despite everything, we live in a great time, we have tools like « never » (or maybe like « always ») before. But these tools, just like a knife, can help you cut your food and feed you or take your life; they are to be used with discretion.

Our current system can, in my opinion, still survive and be rethought, in its entirety, without putting it down overnight creating chaos, fear, and injustices. I have always compared this to the restitution of a work of art, the world heritage of humanity crumbling on all sides (hence partially the name of « BARAKA-casser
In this case, it is more judicious, to take piece by piece with meticulousness, each element in order to give it more solidity in the end than at the start. It is about embracing everything piece by piece to reinforce this magnificent masterpiece that one calls « The Living One », master each peace to admire the master peace, world heritage borderless timeless…

That’s the whole purpose of the « Worldwide YOUmenchark » project. So, if you need a rapid but gentle transition, to avoid collapse, I have, for twenty years, suggested a green bubble. Admittedly, that will only constitute a patch on an inner tube, already well started. I agree; but at least it will go in the direction of helping the planet and leave a little more time, to process the rest and reorganize, our systems? In the entirety, since everything is interconnected and entangled. A move doesn’t happen overnight, it’s done smoothly and requires arms (in the double sense of hands and peaceful weapons).

Yes, this molt, this transition can be painful, for many. Certainly, it is necessary, in the philosophical sense of the term, namely: « that all that must happen, will happen ». Thus, as the great Sufi Shams ed Tabrizi or Shams of Trabiz (too little known) who wisely highlighted The Light of Rumi, wisely said, while remaining in the shade all his life: « Midwives know that when 'there is no pain, the way cannot be opened for the baby and the mother cannot give birth. Likewise, for a new Self to be born, difficulties are necessary. As clay must undergo intense heat to harden, love can only be perfected in pain. »

Einstein is not just a scientist but a humanist and a great philosopher. Confining his contributions to the first function is limiting them to the purely materialist dimension of our system and in no way reflects the holistic vision which he, embodied like all Greek philosophers. Most of the time were literary, scientific, artists and great mystics; he said something extremely important:

« The human being is a part of everything we call the universe, a part which has its limits in time and space. We experience ourselves, with our thoughts, our feelings, our perceptions, as if we were a separate entity separate from the rest. But this is an optical illusion of consciousness and this illusion becomes our prison. We are building a reality in which we do not include, through our perceptions, our desires and feelings, that ourselves, the beings and places with which we are close. Our task as a human being is to free ourselves from this prison and to widen our circle to infinity to include, in love and compassion, all beings, nature and the universe in all its beauty. The true value of a human being is measured by the capacity to limit its limits and to live the totality, the infinite value, the limitless being. If humanity is to survive, a radically new
way of being and thinking is necessary. »This is my favorite quote. I’ve done some research and unfortunately it doesn’t appear to be quite what he said, rather someone’s interpretation.

I received all this information, which was downloaded on the day of the equinox (on Friday 20th of March 2020), at a higher level of my conscious self, on the day of spring, not without symbolism, the rebirth of nature. I believe in the signs of life, since childhood, I listen while admiring, read studiously and try to co-write some of the subtle stories of the Great Book of Life.

« CORONAPOCALYPSE, S.O.S: Save Our Soul(s) » constitutes a simple essay, unpretentious, essay. An essay because I try, to do my best, [« essai » in French means 1-« essay » and also has the same sound that 2-« trial »] to find the right words, the good thoughts, to heal the ills of the planet and thus apply a soothing balm, healing, curing with balm in the heart.

By way of making-up of the film (or some out of humor, self-deprecation will say that I have made films), here are the behind the scenes of this essay, the ultrasound of childbirth of a paragraph, a chapter of the eternal Great Book of Life, an endless book. The incubation of this text which asked me 1-3-6 or even 7 days to give it life or let's say restore it, let life pass through me to give birth to it; and thus offer it to humanity, local (only mine), global ... No matter the number, the figures, since it only aspires to put into practice its philosophy: a qualitative quest rather than quantitative. Especially since it will not be sold, therefore not a « bestseller » but will actively constitute, I hope, a « bestgiver »: a better donor, implying a source of inspiration for a momentum, an individual and collective awakening encouraging the greatest number to enlighten and help those who need it, a gift of themselves. Impossible to count it, no number of « read », as YouTube classifies the number of « seen » as quantitative trophies. Anyway, the ultimate goal, beyond being read, is that it is understood and ultimately put into practice, without which I have no interest! Yes! If, at least, if I have made some people laugh it will not have been in vain, it will have brought them a little endorphin, the hormone of happiness ...

If a single consciousness awakens at the end of this reading and rereading, opening the way for many others on an endless path, leading to fullness on the road, not only to destination, then it was useful. Swimming in the source brings such an ecstasy that it does not matter if you are against the current, at the top of the eternal snows or if you pour yourself into the vastness of the oceans always keeping in mind that as recalled by the great Sufi Rumi: « You are not a drop in the ocean. You are the entire ocean in a drop of water. »
So here is the plot so to speak in which, we find a subtle thread connecting everything:

• 1 day to «download» everything, Friday March 20, 2020 (03/20/2020), by restoring each idea, by telegraph, by «channeling» them.

• 3 days during which to give birth on paper, the writing of each idea revealed on this famous equinox day, in automatic writing such as a script or typist.

• 2 days of proofreading.

3 days, 3 nights to write an essay, in total 6 days to try to create a peaceful weapon of massive construction. In 6 days, we are capable of the best and the worst, we can work for peace, we can wage a lightning war, we can create a hospital…

At the genesis of creation, in the texts, it is written that the world was created in 6 days then on the 7th day, its creator rested. No need to clarify that I do not assimilate in any way but «beautiful stories» inspire me, in a sense «inspire / expire». Trying to follow the rhythm of cosmic breathing as the Hindu mystics explain, in this lung of life that the universe embodies. Contingency competition or cosmic synchronicity diary for others; I could not apply this day of rest, at the end as it should be. The famous heartbeat of the planet has come to invite itself through tradition. This Wednesday March 25 in Bali, Nyepi was celebrated, the Balinese New Year (leading to a new planetary cycle) also called the «Day of Silence». It is a highly respected annual celebration, and more than symbolic. Basically, we rest and observe. So, the authorities demand that nobody use electricity. It’s very serious, the police can come to your house, if a light is on. The internet is cut off, there is no longer light, no home appliances, or even a laptop in airplane mode for an audio book previously downloaded. Let's say that only the internet is cut, electricity is available (logic for fridges, hospitals, emergencies...) and then, if like a kid who wants to break the curfew and read under his duvet with a flashlight, of course, the authorities do not go that far and no one knows if you are looking at your laptop. That being the case, although ultra «excited», I was almost in a trance during these writing periods. Considering the urgent nature; I even asked myself the question as to whether I should allow myself to re-read my texts with my simple computer. I had this reflection the day before. Then, as a flash, I had a
message of lucidity: « put into practice what you put in writing in theory, respect the rhythm of nature, as you know how to do it usually ». So, I carried out this experience, with the sincerest respect.

It was just magic! After our only meal of the day at the end of the afternoon and the practical question at night falling at 6.30 pm, with a candle, I wrote the synopsis (the synthesis whose essence is supposed to seduce as much as possible). My partner also remarked to me: « you adore your little rituals, where you project yourself in space-time, there you went again in the Middle Ages or in "Renaissance" ». She could not have said this better « The Renaissance » (literally « Rebirth ») to leave « the Middle Ages ». This princess of my thousand days and nights, this light of the East, fruit of the fertile lands of Eurasia, the only country straddling two worlds: the meeting of the East and the West ... This being whose history reports and describes its people, as one of the two threats of the planet, worse than viruses, to the Persian flagship periods: the Mongols and the Turks. It reminded me of my many journeys, inside and out. She rekindled my flame, in the light of her carnal, deep and so metaphysical (literally beyond the physical). This treasure which has been « loaned » to me and which I take care of and cherish, for which I am constantly in gratitude. I told myself and have often told her that I had to be seen « up there », to have had the chance to receive such a gift, this little supernatural elf, fallen from the sky. Often, I believed that this only existed in the world of children, not of adults. ... In this pause, embodied in the physical dimension, our beautiful story, filled with fairy tales, and accounts facts [in French, one plays on both sounds: « contes de fée » which is « fairy tales » (metaphysic), « comptes de faits » means « accounts facts » (physics)]; and so, left me pensive.

She, who made the face, the first cover of this present essay, as well as that of « BARAKA-casser la baraque » in English « BARAKA-the piecefull barracks », by succeeding in giving birth to my heart, in the matter, by restoring it masterfully. It also echoed the genesis of our meeting, bouncing on another chapter of the Great Book of Life entitled: « The vain cries », this 7th tale of « Contes d’Apothicaire » « Apothecary Tales », written 4 and a half years earlier. She who had been able to illustrate, with her drawings, our design, in each of the 7 tales. [In French, one plays on both sounds: « dessins » which is « drawings », « dessein » means « design », plan in the sense of « destiny », « fate »]

This artistic collaboration materialized in our union. This work had been written not while we were together, it was the latter who had favored this adventure. Now, the seventh tale, corresponded to a writer (entitled « The vain cries » [in French: « les cris vains » has the same sound than « l’écrivain », the first one means « the vain cries » and the second one « the writer »], a writer, roughly missed (for bad languages), let's say, anonymous, for which, everything he wrote came to life as if by magic with his majestic magic stick (his
pen/pain). Thus this 7th tale brought back all the characters from each of the 6 others (supposed to be independent and not related); re-explaining to him his own philosophy that each of them embodied. The latter remained in full doubt because he seemed out of inspiration. Also, he had left for sole drawing (design), a blank page to a book « Futur Antérieur » (the translation would be « future perfect » or « past future » referring to the intense tense referring to a kind of retro causality and entanglement of times like loops) (which really exists and dates from 2007 but in another context, I wrote it inside another work, to put it simply) and the latter suddenly had written itself. As a result, his hero had taken the reins of writing his destiny by writing the rest of the story himself.

Now the magic (the soul acts) has become real [NB: « la magie (l’âme agit) s’est rendue réelle » is quite deep and still playing « la magie » and « l’âme agit » have the same sound meaning respectively « magic » and « the soul acts »]. Let’s say the majestic magic stick of the writer with his pen and pain turned his dream into reality. Actually, the image of the drawing (the first cover/front page) embodying a brush which draws a feather which is written and writes a subtle message of love in Turkish, has come to life in the material. These were a number of incredible nesting parallel realities.

Note Bene: I don't take any substances like drugs or alcohol. And if I were also to plead for the term « madness », I would say that it is insane and pure madness! You have to know how to have fun with life, art or its intention is used for that ... You can also inject an artistic dimension in your gestures, in your phrasing, in your romanticized, playful, funny mood. In this gigantic role-playing game, a game that is very funny in certain respects, if you are a good player and if you have enough humor (sometimes sarcastic), funny « I games » (egotics, masks of this masquerade) [here one plays on « jeu de je » same sound for « game of I or game of ego, we could have played with « game of eye » or « game of aim »...] Ask my business partner who is not at all connected to spirituality, he will tell you about all my little sleight of hand ways with which, I have fun like a kid, the number of subliminal messages that I insert almost everywhere, names of collections, logos, designs… And still, I keep some, for myself, a sit can be tiring for some. You have to have a little fun, otherwise life can quickly sink into melodrama ...

So, she left me wondering, subtly suggesting: « believe in your dreams, they exist at all levels ». Yes, this new paradigm that I have been consciously waiting for 37-38 years (let's say in this role of actor of this play, in this scenario), is already there, just for us to vibrate our frequencies to access it and to thank « this presence somewhere ».
I’ll put it in a less prosaic way since I risk having put to sleep a lot of grown-ups who prefer good action movies, but I’m hoping that I have also awakened a lot of inner children who are sleeping. So, since there is something for everyone, it is important to vary the pleasures to maintain the flame, Einstein said on this subject: « Everything is energy and that’s all. Match the frequency of the reality you want and you will not be able to stop getting it. It cannot be otherwise. This is not philosophy. This is physics. »

So, Wednesday evening (March 25, 2020), I wrote this synopsis by hand, with my pen lit by my burning candle, reminding me of the fleeting dimension of earthly life. I thought I was in a film, the film of my simple life in which I was the main actor and at the same time the co-scriptwriter but I still, internally applauded the director, the director as well as all the intermittent parts of the show, extras, makeup artists, decorators. Holy team! The dream team, then I started to dream even more strongly, that this harmless scene, would have an impact, an echo thanks to good acoustics of subtle sound engineers and good receivers so that they vibrate in a good number of hearts on the planet, in cadence, with a rhythm like the metronomes which after a certain time, align themselves systematically (in the sense of a respect for « system »).

In the evening, as usual, before sleeping, I went to admire the stars except that this time there was no light pollution from my village. There seemed to be billions of stars (« star » and « being » having the same etymology as we said previously), I did not feel alone. I had my companion who accompanied me in this magical moment. We were such children, teenagers in love who count the shooting stars, while talking to each other in flowerets ... Then she went to rest, I remained « alone », to listen and speak to these stars ((in) visible) as I have since my childhood. They have never stopped telling me beautiful tales.

This essay will be officially released on April 1, not without symbolism. As a prevention, precautionary principle (holistic application requires, taught by traditional Chinese medicine, world heritage of humanity, being the property neither of a person, nor of a person in both directions: a single individual, a group, a nation ... no one and everyone, because this is a state of mind without limits), since some people may think that it is a provocation, that I am playing as a joke (April 1) of this situation. No way! This shows that ignorance is one of the two causes, along with the greed about our planetary state of health. In the light of knowledge of history, fortified by its errors, without rancor, on the contrary grateful for the fact that previous experiences in local laboratories of the past, serve us today. So, April Fool or April full (in the subtle sense of fulfillment)! [In the original text, in French one plays with Poisson d’Avril et Poison d’Avril, almost the same sound « Poisson » and « poison » the first one being fish but here Fool and Poison is the same in English! In the sense of a poisoned gift for the artificial New Year celebration on the 1st of January,
which is disconnected from reality: the natural cycles of mother earth] Let me explain then you will be free to judge!

In 1564 Charles IX decided to make the beginning of the year January 1, instead of April 1 as it was previously (more accurately around March 20-21-22-23 according to the year corresponding to the equinox or spring festival: the rebirth of nature as a multi-millennial tradition). Therefore, a popular reaction and protest against this artificial law deemed « abnormal » because it’s disconnected from reality (natural cosmic cycles), people continued to respect the tradition of April 1 as the beginning of the year and laugh at this new rule, by making the maximum joke of our human arrogance, thinking that we can modify cycles. Then, this French tradition was taken up all over the world. We can consider April 1 to be the celebration of the « new past year », laughing and considering that every day is a non-birthday (referring to « Alice in Wonderland »). This is, in a way, just a big joke as an announcement of the future. In the new paradigm we will « laugh » about our old way of life, sometimes as a lost inhuman robot in our confinement of fears. A prison in which walls exist only because we have given them a reason for being. Freedom was within reach of us and that each of us had « different » master pieces and master keys, but finally, and subtly way too close…

As an extension, extra-curricular, for those who want to go further, acting as an evening class; as promised, I come back to the concept of « Ousia », mentioned in the first step.

As a recap, I mentioned that in Greek philosophy Ousia is the essence by which the world is created and divided into two: the Ousia which is conceived only by thought (the quantum or morphic field), and that which can fall under the senses: sight, touch, hearing… (the particle or state). This first is recognized only by the sixth sense (the third eye), the other as for it, is perceived by the eyes. So, you will understand more what I already shared in the step2-cleaning, to clean our glasses, this masterful phrase by Leonard De Vinci: « Principles for the development of a complete mind: study the science of art. Study the art of science. Develop your senses, especially learn to see. Realize that everything connects to everything else. »

So, if I develop this a little, the first substance includes what is formless (literally formless, just pure informational, in-formation, in-formation energy), an invisible fluid of potential: the invisible quantum field. The second corresponds to a state, a particle of matter, a defined form. The first would be like a condensation in suspension of water in gaseous form, invisible (like water vapor), impalpable, the cloud, the morphic field. As for the second concept, it would be a quantum collapse, a drop of water fallen from the cloud by condensation. In both cases, it is energy except that in the first case, the vibrations are higher,
lighter, the frequencies are higher therefore inaccessible to our senses: our eyes, our touch ... whereas in the second, this condensation of energy gives a more compact aspect which falls into matter in a lower form of energy. We will see that, if a thought is energy, which scientists now know, the mental health of our planet will be a story of the egg and the chicken. Especially since the emotions, hearing « e-motions » (c = Mc2, 
energy = Mass x the speed / speed of light squared, Einstein's formula, for the purists Poincaré, Henry was his first name), metaphorically, they are energies in motion, in movement. You have bad thoughts, your energies go down, affecting the flow of energies in your body, as well as the invisible cloud in your neighborhood, and so on. Basically, your low frequencies, your dense vibrations credit, from there « create » a thought-form (what is technically called « an egregore ») which will fall in matter. Hence the somatic dimension of healing and the need to be optimistic, united, and pragmatic. Our collective thoughts can impact matter, our reality of tomorrow, in an incredible way. This notion of falling, which brings to mind, the fall from the Garden of Eden as well as other myths for some ...

We will then better understand, perhaps, why certain sensitive souls (with more developed senses) feel that in general, there is water in the gas. That there has been say, a storm in our global weather, for some time now. There are people who will tell me this, but the quantum dimension is on a microcosmic scale, it has nothing to do with the human dimension. Certainly (and again) but a thought, how big is it? I let the great scientists look into the matter, knowing that many have already done so and quite a few have been kicked out, punished around the corner, or kicked out of class ... Tesla said « If you want to find the secrets of universe, think in terms of frequencies, energies and vibrations ». Some will, perhaps, say to themselves: « I am stumped »; or « I give up ». Or « I don't understand anything, I'm not a mathematician ». So, even simpler, what is the connection? Our invisible universe contains a clean, limitless energy that all traditions: Chinese Qi, Japanese Ki, Indian Prana, Greek Ether ... have named differently, this is what is called « 5th element ». It is by no means cinema, a fantasy ... I have studied, theoretically and practically, this energy taught by the wise and masters of the martial arts through Qi Gong, Tai Qi, Rei-Ki ... A simple example, how do Chinese Shaolin monks break bricks? With hidden knives in their handles?! How do Indian Sadhus manage to walk on fire? Do they have fire hoses in their pants?! This mysterious subtle energy would allow, if it is well used, in individual and collective consciousness, to have unlimited, clean energy allowing scientific prowess without comparison! No more demonstrations against rising fuel prices ...

That may be what we need to demand tomorrow. Why don't we do it?! Well, perhaps because lobbies and other pressure groups do not see their interest: namely that everything is free and unlimited in free access, because the keyword to open the door to a new era is « free energy ». This is the reason why, the greatest
scientist who tried to make it free and accessible, Tesla, once again, said: « If you want to find the secrets of the universe, think in terms of frequencies, energy and vibration ». Attempt aborted for reasons I have just stated. I hammer so that it penetrates, truly the spirits.

Put a global human and humanist mobilization, hand in hand, with the greatest scientists and mystics on the planet with a moral charter, and it's a happy end! And for once, this is not an end, it avoids the disastrous end!

Come on! I was kidding, I was kidding ... You believed it, didn't you ...?! This is for sweet dreamers, those who believe in beautiful stories, in myths, right? Not serious and respectable people, is it!? Let’s let the doubt hover, out of humor!

By the way, after proofreading, I tell myself that I am going to propose two options for the essay: this one as it is, and a second lightened one, if I may say so, without changing anything in the expressions but by removing certain sentences, ideas, passages; basically, with care for minimalism and efficiency. Who knows if a third version, much more advanced, more mystical than this simple present version, is not also already written, allowing a fourth to co-write simultaneously and so on?! Then, needless to say that as with most works, it would be good to read this essay several times because new messages will appear, in the sense of Proust: « The real journey of discovery does not consist in looking for new landscapes but to do with new eyes. » As Chinese wisdom says, « you never bathe two times in the same river. » A simple example, I read « Conversation avec Dieu », a remarkable work, in 2001, then I reread it in September 2019 just after the publication of « BARAKA-casser la baraque » in English « BARAKA-the piecefull barrack » (for which modestly, several people who read it, revealed to me that they have have felt the « same spirit »**). I saw different messages there because it was 18 years ago when I was 21. It goes without saying that, like everyone else, I have widened my spheres of consciousness.

** This « same spirit », if I may say so, is inspiration, and who says inspiration says expiration, it is to incarnate « the cosmic breath » as the Hindus say. For very Cartesian people, by saying that, I lose them, at best, I make them laugh. It does not matter, I take the role of clown, punctually. In fact, in a materialistic world, it's perceived or tagged « new age », « daydreamer », I agree. This is the reason why, unfortunately in this vision of the world, for some and in order to be « credible », I have to take out the medals, the diplomas, the professions which are supposedly serious, without which I would be put directly in the box of « marginal », « illuminated », « bizarre » ... Choice! Look at your colleague in a super stuck suit, at first glance, maybe he is hiding a mystical sage. I met one of my best friends, a senior official of the Ministry of Foreign Affairs, on a shamanic retreat in Mongolia ... At first, I said to myself « oulala, he might not be super fun! » He seemed cold, borderline arrogant, not at all funny ... But meeting this person was one of the most beautiful experiences of my life: a well of knowledge, kindness, modesty ... and, ultimately,
extremely mystical. When you meet each other in Paris, at the end of your work, you would not imagine it for a second... In fact, this human treasure is basically very shy, which explains all this... The dress does not make the monk! When the masks fall in this lifting of the veils, the actors then put on their garments of Light. I know something about it, working in ready-to-wear for 16 years!

And yet the material world is the result of the spiritual world, in the etymological sense of « spiritus », literally, « the spirit ». Imagine that in front of you stands a beautiful house. It is material, we agree, whereas even that, under the ultra-powerful microscope, the infinitely small, you would « see » a completely different form of reality. This one would be in perpetual movement, without tangible, palpable notion. To tell the truth, there remains a missing link, at this stage in science between the physical and subatomic world applying the laws of classical physics to the world accessible to our eyes, let's even say that partially; we only see a tiny part of the light spectrum, not infrared, ultraviolet, and other FM radio waves, LW, Radar, Wifi .... Then, on the subatomic scale, we apply the rules of quantum physics that differ from those of so-called classical physics. Let us return to our example, admiring the building. The latter is unanimous, physical, material. However, it comes from the architect's plans, simple paper and structured drawings (sort of encoding) and at a third level, where do these plans and this structure come from? The architect was inspired (by The Grand Architect, if I can say), literally, he let it pass through him, the famous cosmic lung / cosmic breath (also called by some lung / divine breath: « Atman » or even more subtly « Darma » of the Hindus, the Holy Spirit among Catholics ...). The architect has, in a way, downloaded from the cloud, from the web, this information which does not really belong to him. This cloud, this canvas corresponds to the collective unconscious of psychoanalysis, which has been called, by the Greeks « the world of Plato's ideas », « Akasha » (or Akashic library, more evocatively) by the Hindus ... etc

So yes, we can say that our materialist society, exclusively in a Cartesian approach, in a sense: only what I see, exists; because in reality Descartes, too, was misunderstood; history has partially retained its message, just like Nietzsche or even the prophet Mani ... When I clarify this in passing, it is not a conspiracy! I often say, very simply, that understanding the texts (especially holy) is within the capabilities of the person. Give a book by Schopenhauer to a 6-year-old child who has just learned to read, he will find it boring, no one seeing that he will understand almost nothing. It is not a judgment; the child must evolve at his own pace. This is the reason why in view of a popularization (not made vulgar but, in the sense, to massify qualitatively and quantitatively) or let's say, for the sake of democratization of this essay, I will propose a simplified version. The latter will open some doors to some, who knows, then a few years later, by reading the mother version, they will understand more. This is also why, after the fact, I would have made the choice to split it by reducing some of it. Otherwise, I fear losing some in this crossing.
However, the goal is not the sinking but rather the rescue of this informational deluge that we are experiencing. Aside, allowing me to return to this notion of inspiration, some will perceive the work as presumptuous. To these I would humbly say: it is not mine, I am just a simple scribe, or typist; and from where, on a metaphorical level, probably many typos in front of this deluge of information that I try to restore like scooping a boat for which, the water that enters, is more consequent, than the one that you remove.

So last point, simpler and more practical to demystify things and make them even more accessible. Nature and energies are two links and paths to connect with a higher dimension, and to rise from a narrow binary vision for which only the material and materialist dimension exists and has no meaning. The concept of energy allows connection (or real reconnection, not virtual as with our technologies), openness, awakening and link between material and spiritual dimension (in the sense that comes from the mind, impalpable). If we connect the pieces of the puzzle more, (incidentally, a very fun and exciting task) we open up our field of consciousness. When people feel alone, in their virtual ego prison, with real consequences (it is also true on the scale, of a country, a culture, and of the planet, Western civilization, in general material individualism); they no longer feel things vibrate in them, through them, and with them. They have lost the thread, the subtle network, they are somehow disconnected. They have been cut off, uprooted from their true nature: nature and the invisible energies that govern everything and connect everything. Thus, they are no longer in resonance. So, life is flat and dull! Let’s try to restore a little shape, height, dimensions (3D> 5D, and « beyond ») and above all color: the visible spectrum, plus the nuances, as well as very high fluorescent, pastel, subtle colors in vibrations.

As we’ve seen; Einstein said, « There is nothing but energy » whether in matter or in the subtle world (spiritual, intangible). The energies correspond to frequencies, which our physical measuring devices can measure, in Hertz. That is why Goethe said, « The Wave is the original phenomenon which generated the world » and why in Genesis, we find « In the beginning there was the verb/word ... ». The term « verb/word » means « frequency ». Red vibrates, for example, at 364 Hz, blue, it is 574 Hz and so on. Sound impacts matter, its study is called cymatic. A simple proof: if a singer emits a very sharp sound, what happens? She breaks a crystal glass by her voice, without touching it. There are 7 colors of the rainbow, 7 musical notes, and 7 chakras. These correspond to wheels (chakra in Sanskrit) or energy centers in your body, comparable to mansions, the meridians corresponding to the roads. The acupuncturist clears snow, if I may, subtly say, your congested roads. This is the basic principle of traditional Chinese and Indian Ayurvedic medicine. So, these waves are visual and audible; basically, a
note is associated with a color, vibrating at the same height, at the same wavelength, impacting « matter », say stimulating your energy centers of the body.

When you hear the fanfare, it touches your lower abdomen. Each chakra (as a drum skin that vibrates) is presented as follows: the energy center, at the level of the sex, red in color, then the navel which is orange, yellow at the level of the solar plexus, green at the level of the heart, blue in the throat, purple between the eyes (3rd eye, pineal gland, which Descartes defined as « seat of the soul », not very Cartesian in the strict sense, however), the crown, above the head is white, the halo found on the saints, Buddha ...). Each of them vibrates with each particular color and each specific sound referring to it. Each of these centers is also associated with a psychological dimension. For example, the blue throat chakra is linked to communication, both in transmission and in reception: thus, well stimulated, activated, it allows you to be better understood and also to hear and listen better to others. When you listen to music, it’s a body massage, say subtle bodies. Listen to the Pachelbel cannon, it’s the most energetically nutritious, if you want to recharge your batteries. Let’s try! At worst, it doesn't hurt, it will just be a nice melody. It has been scientifically proven. This is called sound therapy, or music therapy. You will find lots of information on the Internet abundant in this sense, as well as music, to listen to on YouTube. The music that we hear most of the time 440 Hz is harmful, it would have to be remastered in 432 Hz. The audio that I prepare, will be produced with these good frequencies, to perform an energetic massage on the listener, a kind of « musicine » (if I can create this neologism music+medicine), if I may say so, a « two in one » *! (*cf: Gospel Thomas : Verse 48 & 106)

So, in fact, this is where the practical example comes in. The chakra, energy center is equivalent to a drum skin which « marks » the vibration, in emission and reception.

If you want to make a speech, during which you will be better heard or listened to, some simple advice: choose a blue shirt. You will understand why the archetypal example of the femme fatale, is systematically dressed in red (it is also a very powerful archetype but let's not complicate) ...

Take the heart chakra, it is green, observe a tree, take the time, feel this tree, its leaves (or a green plant) from a distance. To tell the truth, you synchronize, from a distance, with this same green color of your body. This is where you come into resonance, vibration. It develops, it works ...

This is resonance. When you are centered, aligned, reconnected deep within you, each color vibrates in unison, in this sense. If I push a little, you no longer have to hug the tree to feel its good waves. Yes, I know it often makes you smile a little at the start, just like when you say « fart » or « poop pudding » to a child of 5-6 years old, it always makes you laugh. Hahaha! Then when you grow up and your charming baby drops a little treasure in your face, it's less fun and then we get used to everything! Look forward to going back to the forest with your family, anyway! Sounds are, among other things, the medicine of the future.
(because probably from the past: one of ancient knowledge, who knows!? Personally I just know what Socrates said: "I know that I know nothing."

It is also difficult to think that the good management of sounds, will lead to technological prowess ... a double-edged sword when we see certain weapons, already used against citizens, in certain demonstrations ... Some are looking into the question of how thousands of years ago, monolithic stones (in a single block) could have been displaced, to build monuments like pyramids, temples, while our current cranes would be, almost, incapable of it ... I could have spoken of the « myth » of Atlantis by drawing a parallel with our current period but I will not do it ... Let's move on!

As I mentioned before, Einstein said: "What we have called "matter" is energy whose vibration has been greatly reduced to be perceptible to the senses."

The matter corresponds to dense low frequencies; what our eyes prevent us from seeing are the high frequencies, but not the senses (especially the 6th sense). The senses are filled with information from the spirit world. There is no competition, the two co-exist. This is the fall, the fall in matter, the quantum collapse: the casino ball after which having rolled and rolled (visually it feels like an airplane propeller spinning, like a full circle), stops at a position, a number (except that there is an « infinity », a priori of tables, and casinos around the world ...). In « BARAKA-casser la baraque » in English « BARAKA-the piecefull barracks », I propose, a whole part which is devoted to it, using many analogies for these intangible concepts: « Consciousness » and « Space-time », the two chapters being linked and in my opinion, inseparable, no offense to some scientists who do not want to hear about conscience. Why? Because, de facto, in terms of words and on the basis of the methodology and tools of science, it is not « treatable » let’s say « measurable », ie difficult to analyze.

Actually, I am as passionate about science as spirituality, my father, a great scientist, renowned, researcher in artificial intelligence awakened this fiber in me. Every analytical work that I undertake since adolescence carries its presence. Basically my father (incarnating: science) is like behind my left shoulder, my mother although a more literary and poetic, a math teacher, open to a certain form of spirituality which does not even bear a name, seems behind my right shoulder. This is not without symbolism. The right and left hemisphere represent femininity and masculinity, in Taoism: Yin and Yang equivalent to Ida and Pingla, in Hinduism ... And in the center? Ah well, it's « me », the fruit of both, of their Love ** but above all symbolically the vesica piscis (or conceptually called « Christ almond », springboard to the formation of the flower of life). To be technical, a meeting of the two creating a trinity. In the center of your right and left hemisphere is the third eye, one in between, a kind of unit. Reconciling Yin and Yang leads to Tao but talking about Tao takes you out of Tao. It is a Chinese puzzle, a game of patience without « I. », without «
eye», blindly! It's the same concept: talk about « Samadhi », you get out. Because then in these dimensions, the words are missing, « we » experiment, we feel the famous: "It's **". This is why, the great Sufi poet Rumi wisely said « Silence is the language of God, everything else is only poor translation ».

If the term « God » (which I « define » or humbly restores by G.O.D: « Great Overall Dimension(s »), in French it is even more evocative according to me D.I.E.U : « Dimensions Intérieures et Extérieures Universelles ». That one could translate as « Universal Interior and Exterior Dimensions »), if this bothers you, replace it with « Unit », « the Absolute »… I proposed a reflection, on the same theme, available on YouTube, ok a little long (more than 5h LOL), maybe watch at your own pace « 3 times without charge »; for those who may be interested. Small precision, this video was made at 2:30 am. You can imagine that getting up on a Saturday morning, in the middle of the night, to speak for more than 5 hours (and then again, we extended the discussion with Michel, who led the debate, after the live for 2 hours) so until 7:30 am, to complete strangers, people that I will probably never see, for the most part ... So probably there is something, a superior force that pushes me and fills me with joy in doing so. It's called for people down to earth: « oxytocin », one of the 5 hormones of happiness, linked to self-giving, the pleasure of sharing allowing, to feel connected to something transcendental. As I am doing it, spend almost a week sleeping 2-3 hours, spending 12-18 hours a day to offer this free story ... Maybe, similarly, it's because a higher force pushes it. Small aside and I should perhaps have started as such to have more audience, oxytocin is linked, also « incidentally », to the hormone of sexual ecstasy! A word to the wise!

Yes, even the pleasures of the flesh can be applied, also to a much higher dimension than purely material, if I refer to tantric practice: basically, making love in a mystical and spiritual way, let's say in the unity...

In short, words are lacking, often in these explanations of subtle meanings. In English, I use concepts of untranslatable neologisms: 1-to innerstand 2-the YOUnity / YOUniverse. 1-understand (inside), « understand inside », not conceptually, but feel: not seeing but perceiving. What Neale Donald Walsch, in the book « Conversations with God », evokes is to re-member », « to remember » but subtly « re-member », an approximate translation would be « to regroup », to remember through one's limbs: basically reactivate cell memory.

As for YOUnity / YOUniverse, it is a contraction of « You » (individually) and « You » (collectively) in the same concept merged and as distinct: you are your ego, reconnected with your higher Self (your Soul) part of Humanity which fits into this universal cosmic lung (« cosmos » means « order » in Greek).

This is why Rumi said « You are not a drop in the ocean, you are the entire ocean in a drop ». And when you feel that, this famous « It is » (close to the famous concept of « I AM »), you never feel alone again! Disconnected, you feel deeply connected to the Living and even without « physical » WIFI.
You might say to yourself, it sounds cool, but I can never, achieve that state of mind and unity. Almost everyone has experienced it to some degree. When you are, in awe, attending a magnificent scene of life, a splendid landscape, you are literally absorbed, your ego is diluted in this Presence, in this instant, a moment of eternity, indefinable because it is not subject to analysis. At that moment, you don't say to yourself: «wow, that's it.» The « it is » (« I AM »), otherwise it's like touching a soap bubble or analyzing your sleep, you have to play the game absence of the « I » (the absence of eye) you do not try to see with your eyes but you feel with heart, your upper senses (the 5th sense, called also intuition) letting go, as if to try to float.

But to do this, it takes time, patience, knowing how to go into OFF mode, and this, with pleasure. This famous « It is ** », « seems » to be / embody what is called, in the West, « The Living ». Personally, to indulge myself, since I was aware, at the age of 2, I feel this « Presence », this « Living », which vibrates through me, in me, in others, in nature, wherever I vibrate in harmony… Limited by autism, in this matter, trapped in it, not being able to explain to others, what I felt and perceived…; as a child, I had no words, I felt alone, and for a while; I even thought I was crazy. Many children experience this and then forget when they « grow » in time. This is the reason why since the age of 10-12 years, I began to study most religions with care, then their hidden part « esotericism », the traditions, because I wanted to know if I was the one who had a problem, if I was mentally ill. I found many reassuring explanations full of similarities …

Very quickly, I realized what my intuition and inspiration urged me in this direction, on a path of the collective environment, on which all roads lead to Rome, then to the Dome (the Primordial Tradition). Because Rome and the Dome are « the same ». Rome embodies everyday material life, epicureanism: good food, even laughing at futile and simple things, good sex, social connection with others, the beauty of travel, landscapes, nature ... As for Dome, it represents the inner temple, allowing to contemplate life in itself: your cells, your psyche, and to « remember » that in you, you contain the world. As a result, an extremely metaphysical (beyond the physical), mystical, sacred dimension intervenes. You vibrate the world: there remains a mutual resonance / reverberation with the world, creating an immeasurable number of synchronicities making life every second, magical, like a child, without its masks (sociological, societal...), nor its veils (of illusion); plays (to) life, intuitively and naturally. He reads and co-writes, without knowing the rules, grammar or spelling The Great Book of Life!

Then, further down my life path, like a mother who consoles her little one, Mother Nature opened this door for me, leading me to infinite dimensions.

There is no proselytism here, just a sharing of the heart. It took 18 years for me to be truly happy, and 33 years to reach a deep harmony. This latter is not an achievement, a goal, a medal ... but a state of mind. I aspire to help people, to try to save them if possible, even if we can never do anything for others. No one can go to the bathroom for you, even the biggest business leaders and other big heads of state still cannot
delegate this heavy task. Hahaha. You will appreciate the very happy parallel! It’s also very symbolic, the laughing Buddha is a skill that we all have, a subtle wisdom to make everything ironic, even the most serious things and sometimes to lift the veils of illusion. Okay, even if you imagine the president of a country on his throne, if I may say so; the only difference at the moment (given the shortage) is that he cannot be in want, out of toilet paper, right now. Well, I will not dwell on the subject although this rush on the toilet paper, on a psychoanalytic level; could not be more revealing…

More seriously (a slightly more subtle way of revealing yourself, without too a solemn side, with the violins of « drama films »...), in my case, everything was useful: all my moments of doubt, my tears, my anxieties... Today, I embrace all of this, as I embrace the whole history of humanity with peace, I am at peace with myself, others and life with all these / its facets. Why reveal yourself so much? I don’t have a Facebook, story, Insta account, YouTube channel, let's say slightly (almost nothing), just a modest blog in English on very simple short articles. Why show up then? Because perhaps in view of the situation, it seems time that the veils are lifted, that the masks fall, those of the personality (role plays, on stage). It’s very difficult to do that, to get naked especially when you’re being shy. However, working in ready-to-wear for 16 years, spending my life dressing many brands on the planet for several years; and even more, with our center in Bali, I try to « undress » people. Going from these clothes of skin to clothes of subtle light is very metaphorical but more than symbolic.

This era, if managed properly, will lead to a new era (not overnight either: «Rome was not created in a day!»). Many people are taking the same approach without them really knowing each other: physically and or virtually (contacts, social networks, etc.). I meet a lot of people in this « business », these people, with whom, after 2 hours of discussion; you feel closer than some childhood friends and family members. Why? Because they vibrate at the same frequency level. Not level, in the sense, podium, result to measure, compare, just because they have reached the same « height » of their route, in the endless inner path. As I always said: « We never meet anyone, we just find a part of ourselves (s) that we had forgotten / lost. »

In these moments, the other speaks and you have the impression that it is you, and conversely, the other becomes an extension of yourself. This is the collective consciousness that takes shape in matter, becoming of human and of Humanity, if it wishes for a future. In this « trend », this current « fashion », of competition, of war of rivalry, as we have never ceased to say, we are led to go straight into the wall. So, I think Humanity is mature enough to understand and apply this, if only for its survival.

Let's try to go further, beyond, if I can say, theoretically (practical in the long term, I hope!)

If a person raises their vibrations so high (so-called ascension), then maybe at some point they will become smoke for others and this physical world; and vice versa. However, it will not have disappeared! Let's say that in this example, it's « extreme » (« 90° »)!
So, it goes without saying that to think that our simple individual and collective thought can impact matter is not exactly what we were taught in school. Indeed, the concept, according to which our individual vibratory state is reflected on the world and that, moreover; we reverberate the world with the idea that « We are mirrors which, in reflecting, inspire each other in infinite ways »; is not very conventional. Indeed, this thought does not seem very rational in view of our Western criteria. I readily agree. This being as Einstein said « You cannot solve the problems of the present with the same spirit that created them. ». We will have to be creative, if I can say, without necessarily looking, exclusively « rational »... When a bone digger, a Qi Gong master repel 20 tumors out of 20, we talk about chance, we can extend the experience... We can! We can also, rejoice at the result of these 20 lives saved, perhaps by extension of their family it is 100 people who, by the miracle of healing, will be keen to dig, to study these alternative medicines not - conventional, « strange » for some, « stupid » for others ... A simple example, for people who are very Cartesian thus to highlight my point. Very little is known about Srinivasa Ramanujan although there was a film about him with Jeremy Irons entitled « The Man Who Defied the Infinite » in French, the English title is « The Man Who Knew Infinity ». It is interesting to note this difference in translation between « defying the infinite » and « who knew the infinite ». They will say to me: « you quibble », « you are picky »! Not at all, it is perhaps quite evocative!

« Questioning / criticizing (« crisis » in Greek, etymologically « sorting out » or « select ») » is basis for improving and showing we are not machines; literally it means weight the pros and the cons of a situation or an idea.

In short Srinivasa Ramanujan, a gifted Indian, pure autodidact, was seen as a genius of mathematics by his fathers, the first non-British, to sit as a « fellow » at the very prestigious « Trinity College » of Cambridge. This man had the peculiarity of having flashes: mathematical formulas which a priori seemed to make sense, appeared to him constantly, without his being able to explain them. He left more than 6,000 still undeciphered. He « invented », say, several thousand, which have all been proven to be correct. He is also the author of several known theorems, however, in general, he was accused of not proving what he said. This extremely devoted Hindu individual said, « An equation for me is meaningless unless it expresses the mind of God. » Intriguing isn't it!

All the greatest researchers on the planet unanimously (so 100%, not just a majority, but all) know that the observer impacts the result of the experiment. Thus, skepticism with beautiful stories blocks, de facto is good progress as a censorship. This concept, that our mind impacts the result of existence and experience; is nothing more or less than the metaphor going from the state of condensation, to the densification of water in a cloud, then in a drop; and from there, rain falling on Earth. An idea, in concept, a thought form (form,
information, in-formation in formation) takes shape and effect, in matter when it has been sufficiently credited with energy. From there, it densifies and takes existence in our visible reality.

1-The observer
2-the object or subject observed
3-observation

= (These 3 aspects) are one, one block. What you experience in the unit, when you surrender to admire a scene.

Basically, I repeat myself in a dualistic vision 1-the material world is comparable to a particle (let's say a multitude but to understand the image, use the singular), a state; 2-the spiritual world (spiritus, of the spirit, unified field, or morphic ...) can be assimilated to a wave, a field of probabilities.

Or 1-a simple photo that freezes and immortalizes an instant 2-your life in action. It's really very binary, since it's more complex but let's not complicate it.

Or in other words 1-a point, 2-a sphere of undefined points, which move constantly, like the electron of the atom which does not have a fixed place (it is a probabilistic cloud) ...

This is the reason why Pascal says, without specifying, about Consciousness, God, ... « It is a sphere whose center is everywhere and the circumstance nowhere. » Something to meditate on!

I add a quote from Søren Kierkegaard: « To give me a name is to annihilate myself, by giving me a name, by giving me a label, you annihilate all the other things that I could be ». You will understand, perhaps then, why the Jews cannot name God, or that Muslims have 99 names for God whose 100th is hidden, unidentified, indefinable ... etc. Personally, I have long said that God may not be an indefinite noun, but a verb (ir)regular that conjugates with an infinite number of people. This echoes the notion of personal pronoun, in grammar: the first person in the singular « I », the first person in the plural « we ». You may say to yourself: « he takes us for morons »! Not at all, you can revise your childhood lessons with new eyes, it's exciting. A simple example, the word « grammar » comes from « grimoire », yet it is a magic recipe book. It says a lot!

Sigmund Freud (official father of psychoanalysis) said: « Words and magic were originally one and the same thing, and words still retain much of their magic power today. » We can understand better also why when we split each letter of a word, when one peals it one extracts the substance, when one spells a word; one do « S.P.E.L.L » what does a witch do? She is able to cast a spell! ABRACADABRA being the most known... Beware!

Likewise, something to meditate on! For Harry Potter fans, the good news in « the story »; is that in magic, the soul acts without limit, without support. Magic is not limited to the small screen, to the actors, to Hollywood. Perhaps it is necessary to decrypt, to get out of the crypt, literally from darkness, into the light
with new invisible and subtle eyes, deciphering in the language of birds, the ancestral mystical language of the wise (wise passages opening new doors), of precious language and near the heavens: « Holy wood »: « The holy forest » in English, let's say in the sense of « magic » of the tree (of life) which hides the forest!). A word to the wise.

We also better « understand » why, it is written in Genesis: « In the beginning was the verb/word ... ». This is a bad translation, let's say partially true because it comes from a concept that exists in Greek « logos » having a double meaning but not in French. « Logos » means: 1-vibration, frequency (like a musical note), 2-a sense, meaning; basically, a background and a shape. And de facto « In the beginning was the verb » (or logos) in Genesis, immediately lights up in the light of the quote (don't forget perhaps, « time » that we are there: « In the beginning [...] God separated light, from darkness [...] ». Tesla (this incredible scientist, at the origin of the contemporary (re) discovery, a century ago, of the famous « free energy », I repeat myself since it is essential) said:« If you want to find the secrets of the universe, think in terms of frequencies, energies and vibrations.»

It is in this sense that science and spirituality are, in my opinion, complementary, two sides of the same coin that we win subtly qualitatively, to be appreciated in its entirety. Einstein rightly says about it, « Well, I don't think it is absolutely necessary for science and religion to be mutually exclusive, in fact, I think there is a very close connection between the two, and I think science without religion is mutilated. They are both important and should work hand in hand. It seems that anyone who does not question the question of truth in matters of religion and science might as well be dead. »

And if I have developed so much, and tried to explain, here the notion of spirituality; it is because our societal model suffers from a problem of connection to nature, to energies (possibly to the invisible in the absolute); and that to this day, in its great breadth, very materialistic modern society, leaves little room for this dimension, often making fun of it (or reducing it to extremes and extremism or other sociological beliefs, sometimes blind without understanding, nor question). To be reductive, in this scheme: being a believer means « believing in Santa Claus », and de facto, being a bit naive, limited... To be really extreme, because you have to mitigate, it's just to be heard, a bit like the thick vulgar barbarous bully would mock the delicate man writing poems, caring for people, refusing to duel, favoring dialogue, reason, empathy and wisdom.

Come on, a second sweeter analogy, some teenagers 13-14 years old, a little immature, could say that a library is boring like death, heaps of books piled up blindly, words without meaning, letters in all directions. While not without meaning, not in a single sense but a broad, and expanded sense; the scholar, the enlightened and / or the romantic would see there a multitude of occasions, of passports to pass the doors of the illusion towards other magic, fairy worlds opening its fields of consciousness, images, films in high definitions.... « It’s ok ! Calm down, we understand! Do not get excited! Ok, a library is better than a
nightclub » some may say. Hahahaha, not even, that’s not the idea, a disco is as great as a library, it depends on everyone, the time and your state of mind.

It is said that when an ordinary man enters a tavern, it remains a tavern. Now when an insider enters a tavern, it becomes a temple. The latter remaining in a permanent active contemplation, whatever the place since it is a state of mind. It is interesting « initié » in French = « initiate » means literally, « who begins » his endless inner path. The English word and complementary, a bit more precise, in some respects: « insider », is who is inside the Self, namely someone who feels the universe vibrate in him. Let us allude to the notion of resonance.

Therefore to « conclude » more « seriously », if I may say, with Tesla and make the link with our present situation, he declared: « Each living being is a motor linked to the driving wheel of the universe. While one might think that each living being is only affected by its direct environment, its external sphere of influence extends endlessly. »

This is why our present situation, the virus, the state of our planet, of our system, seems to be only the consequence or the reverberation of our individual and collective psychic state.

I am not saying that only the somatic dimension will play the role of healing our situation, far from it, but it will promote the general conditions of a global healing, since everything is linked in a holistic dimension. It will, of course, be necessary to undertake at all levels: individual, collective, then on an educational, social, societal, economic, financial, geopolitical, environmental, energy, spiritual level, etc. There is some bread on a wooden board! It only remains on the floor!
Opening

I started with this reflection from the ancestral Chinese wisdom by which everything seems to come to pass, the metaphor of the butterfly flapping in the East, causing a tornado in the West. Let yourself be caught up in the thread and spin with the metaphor. We started from a point, before going around in circles to return to the same point but with the awareness of this circle, of squaring the circle of our system. Then we are free to turn tirelessly as such, indefinitely or to move to a higher circle thanks to the ascent and the spiral of life! The very one that is potential, in each of us, subtly inscribed in our DNA, ready to be activated, if we no longer put it on PAUSE but ON. In French and in English it is close to « one » also similar to « we » as an indefinite pronoun, because it will be a question, as the new paradigm approaches, to reflect more on the « one » as a single voice than by the exclusive « I game of the ego, or having the humility to think by « i »; « " i " think therefore i am… », to aspire to reach the « I AM » which is near « High AM » the « It is ». Broadly « The Consciousness » expresses itself through you as a « YOUUnity ». It is more about thinking by reversing the egoistic and selfish tendency from ME to WE! ME WE! Yes WE can!

The ego (LEGO) [in French « l’ego » meaning « the ego » and « LEGO » the Danish game for kids of construction have the same sound. It can be perceived as a construction game for children, simple as child's play; but, in reality, it is more of a game of I, even a game of « eye » of destruction for adults when it is misused and they are blind. In fact, this is partially true. The ego is a great servant but a bad master. It actually plays a centerpiece in the workings of human systems: the component that goes out of the mind, thus affects the entire clock or metronome for example.

The ego is the sum of the masks linked to the personality, as we have seen. «Persona» in Greek, literally the masks inspired by Greek dramaturgy because at the time, we wore masks to indicate an emotion of the actor insofar as the theater was silent. Personality therefore corresponds to the accumulation of different socio-cultural-educational masks ... which have shaped a character that we embody as an actor. When the masks fall, when the work of introspection, individual cleaning, has been carried out, then the individual can access his higher Self, his real essence, his eternal Soul, the « inner divine part. ». This resonates, according to almost all the esotericisms of the planet since the dawn of time, with the cosmic symphony in full harmony with the conductor as well as all the musicians of the philharmonic orchestra connecting the silent spectators who applaud with a subtle thread « one hand » as one Man.
In my opinion, both individually and collectively, our system is comparable to a caterpillar. You should know that his nature is to eat constantly for half his life, compulsively and almost unconsciously. Then he arises (in « pause » mode), for a time, he molts; from there, he ascends to other horizons, other skies.

Thus, let’s use our initial metaphor of a bat in China which creates a global tornado, because it also seems reversible. A surge of individual light in Asia may create a total earth eclipse tomorrow, so that the dawn points its nose at the West with a new lucidity, giving birth to another world ... Who knows! I start to dream! And I imagine that in each of us lies a great dreamer who only aspires to be awake and to awake. As the greatest philosopher The Little Prince said: « turn your life into a dream and this dream into reality ». Complementarily, I’ve always thought:

« We will never wake from this dream, since it is only a dream; but also because we will be forever daydreaming, since it is only a dream. »

To be continued…

Aur&lien

AM