

The Path to Transcendence

An incarnated path of self-realization



According to the definition from the dictionary, « to transcend » means «to go beyond the field of rational knowledge». This is a process considered as an initiation path by all the traditions which stand for self-realization and therefore for the realization of the Being on the spiritual level.

This path is an initiation because the path allowing us to pass from the world of matter, rationality and psyche to the spiritual world is lined with mirrors reflecting the reality of our dissociations. It shows us the foundations of the building of our beliefs and systems of value constructed by our wounds. We also have to accept to see, to be conscious, to go through, to clean, to purify and to appear.

From Body to Social Being

We are born in a body. Therefore, we are a set of biological and chemical components in which the soul comes to manifest itself.

From birth, our survival depends on the relationship.



The little human being we are is a social being with herd instinct. He needs the others and his survival rests on it. He has to become a person able to get in touch and to share with the other.

Through breathing, babbling and moving his body, the newborn baby establishes a relationship with the cosmos. Then, he gets in touch through the mother's breast, milk and the food the other gives him.

Repression of the Instinct and its Psychological Consequences

In psychology, it is widely agreed that the human being is at first a potential of instinctive forces. During the childhood, he is naturally connected to them.

As he grows up, he will learn to give up his instinctive drives in order to better and better fit the cultural, educational and religious moulding of the society in which he lives.



The censorship required by this cultural moulding is justified in each society. During many years, it allows each of its members to adopt the perfect code of conduct to follow in order to ensure the balance and harmony inside the community.

According to the censorship level of the society in which we live, the result is therefore a long process of the instinct deterioration whereby the human being ends up losing his natural abilities to connect with everything that lives in his universe. That is how the illness appears, being the consequence of a harmony rupture between the human being and his background.

When repressed, life impulses create three kinds of psychological consequences:

- Perversion of the drives,
- Returning against oneself of the instinctual energy, which is the origin of mental illnesses (depression, neurosis, psychosis, possession, addiction, eating disorder, obsessive-compulsive disorder, etc.),
- Sublimation of the drives (work, art, sport) and displacement of the satisfaction on substitute consumer goods.

From Emotion to Consciousness

The emotion, and especially its expression, protects us from those psychological disorders. As a child, we let it flow naturally. Then, on behalf of the need of specific moulding related to our culture, we learn to interiorize it and finally to anaesthetize our feeling and our basic needs.

In one way or another, we will have to exteriorize what we have been burying for the past years in order to have the opportunity to put an end to our psychological disorders.

When the fire of feelings and emotions is released, it has the ability to burn and therefore to transform everything we don't need anymore. Like any fire, it has also and above all the ability to produce light.

Releasing the charges of all our sexual, affective and spiritual crystallizations produces an energetic expansion, a healthy dissolution of the ego and a heart opening which purify our wounds.

The released energies of the instinctive forces spread towards the heart which gets under expansion and then ascend to our consciousness in an enlightenment process which throw light on the spiritual meaning of our life events.

If we are ready, we can reach full consciousness and real healing.

The Path to Transcendence



The Path to Transcendence is a set of three workshops which supports this initiation journey from the body to our divine essence.

Going through this gives birth to a state of regeneration, grace and ecstasy while meeting the numinousness which irradiates in all our being and reveals itself in dancing, in states of altered consciousness, in the relationship to the other and in healing rituals.

This experience of inner peace, Unity and Wholeness establishes new references and traces in us. It leaves the way open to the potential of our essence and it will continuously guide our healing forces towards a divine quality of our Being.

The Numinousness: Archetype of Wholeness

According to Jung, God is the symbol of the Self. It corresponds to the archetype of wholeness that governs the personal archetypes which are the shadow, the persona, the anima and the animus. Drawing closer to wholeness leads to the light of love and induces a numinous state of fascination and dread.

Of fascination because each human being deeply aspires to the light of love that the divine represents.

Of dread because we have to let go the control of our ego which has allowed us to survive, and we have to give ourselves up to the life which passes through us as well as to our divine essence which expresses itself in order to meet this numinous state.

The result is:

- a transformation of the Being which leads to humility,
- the compassion for oneself and the others,
- a consciousness which comes from inside and not a knowledge we've learnt,
- the adherence to the order and the deep meaning of the life which passes through us.

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