



GLT NORDIC

MODULE 2

HIMMELBJERGÅRDEN, MAY 27 – JUNE 4, 2023

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WHAT DOES TRANSCENDENCE MEAN?

Reflections on Eckhart Tolle's
Good Friday meditation

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- You are here, not because you want to awaken, but because you are awakening, you are already on the path, unless somebody dragged you here.

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- The collective awakening goes far beyond the personal.
- The awakening process is the transcending of the personal dimension. You die to the personal dimension. Transcending does not mean the personal dimension gets totally eliminated, but you go beyond it. It no longer dominates your consciousness.

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- For most of us, it's a gradual dying of being centred in a personalised sense of identity. For a few of us, it's a drastic and sudden death.
- Until the death of the personal sense of self is voluntarily embraced, it's painful. But what is even more painful is to be trapped in that narrow sense of self.

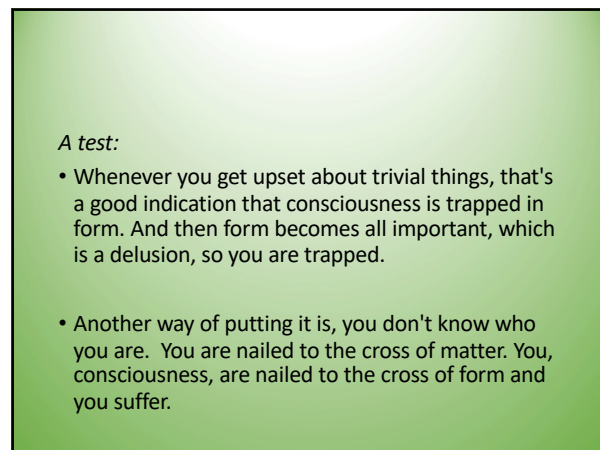
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- The narrow sense of self is consciousness identified with form, or consciousness trapped in form. It doesn't know it, it's a dreamlike state.
- The story of Good Friday is about the death of Jesus, the death of the personal self and the resurrection and rebirth into a different dimension as Christ.

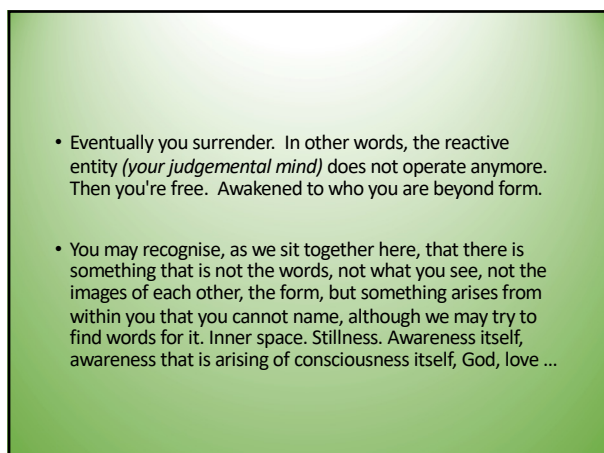
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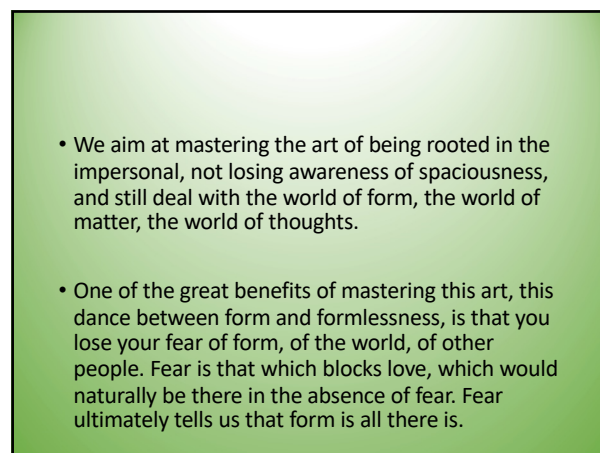
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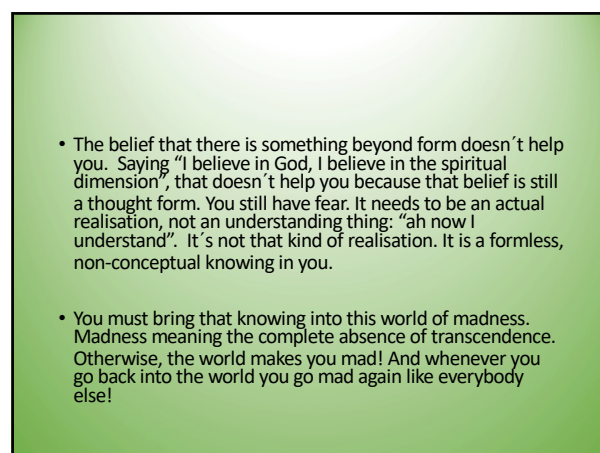
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Suvaco Norman Hansen interview



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- So, you can either bring sanity to the world, or you can allow the world to make you mad and draw you into its madness. Whenever you are fighting something or someone, the world is drawing you into its madness.
- Of course, somebody 2000 years ago already said that: "forgive your enemies". This is basically the same thing. Don't fight anything or anybody. "Forgive your enemies." Fighting is an inner, reactive state of consciousness. Any reactivity is a form of fighting.
- We have all the fights in the world that are not working because they are fights:
 - the fight against terrorism, the fight against drugs, the fight against crime, the fight against poverty, the fight against illness.
 - These are not solutions; they add to the problems.

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There is one solution to all the problems:

To find the transcendent dimension in you

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- It's not a question of saying: "I've found it now, what's next?"
- By finding, it means to continually live that knowing.
- It's not a one-off, "okay I've found it now, I'm awakened".
- It's a continuous knowing in the background of your life.
- Non conceptual awareness.
- It stays with you.
- That's what it is.
- It shines through the personal.
- The light that shines through the person that before was so heavy and dense.
- **That is what transcendence means.**

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The five perfect conditions
(also known as the 5 perfections)

Perfect students

Perfect teacher

Perfect teaching

Perfect place

Perfect time

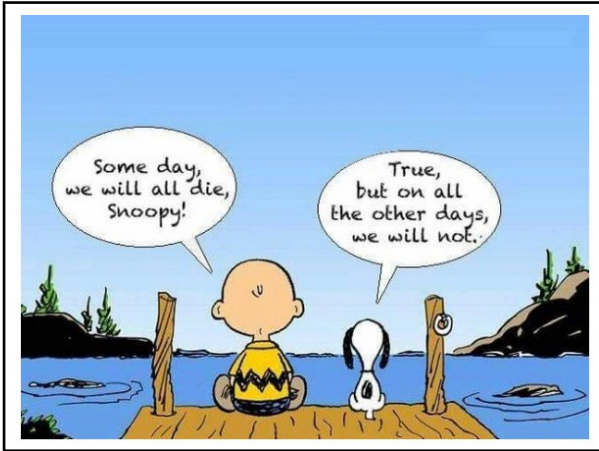
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THE FOUR FAULTS
preventing us from realising the nature of mind right now

- The nature of mind is just too **close** to be recognised
Just as we are unable to see our own face, mind finds difficult to look into its own nature.
- It is too **profound** for us to fathom
We have no idea how deep it could be, if we did, we would have already, to a certain extent, realised it.
- It is too **easy** for us to believe
In reality, all we need to do is simply to rest in the naked, pure awareness of the nature of mind, which is always present.
- It is too **wonderful** for us to accommodate
The sheer immensity of it is too vast to fit into our narrow way of thinking. We just can't believe it. Nor can we possibly imagine that enlightenment is the real nature of *our* minds.

(from Sogyal Rinpoche: The Tibetan Book of Living and Dying)

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The prospect of death, Dr. Johnson said, wonderfully concentrates the mind. The main thesis of this book is that it does much more than that: the idea of death, the fear of it, haunts the human animal like nothing else; it is a mainspring of human activity—activity designed largely to avoid the fatality of death, to overcome it by denying in some way that it is the final destiny for man.

WINNER OF THE PULITZER PRIZE

"It puts together what others have torn to pieces and rendered useless. It is one of those rare masterpieces that will stimulate your thoughts, your intellectual curiosity, and last but not least, your soul. . ."

—ELIZABETH KUBLER-ROSS, M.D., AUTHOR OF *ON DEATH AND DYING*

The Denial of Death
Ernest Becker

with a new Foreword by Sam Keen, author of *Fire in the Belly*

[Denial of Death](#) 3:10 – 8:46

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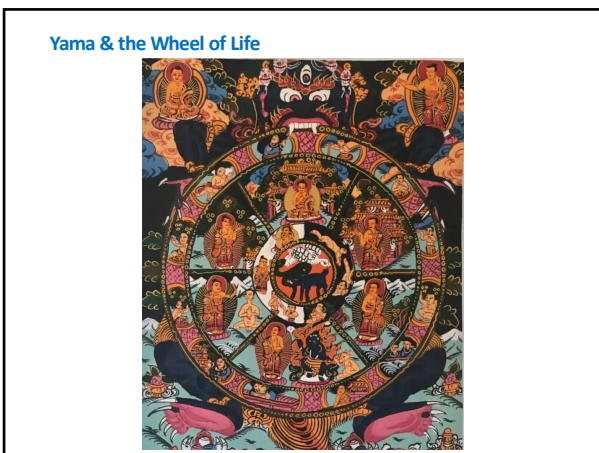
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Matias De Stefano

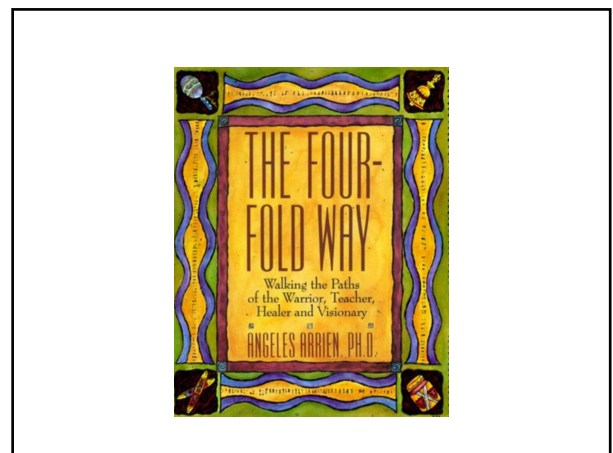
The Nature of Death & what comes after

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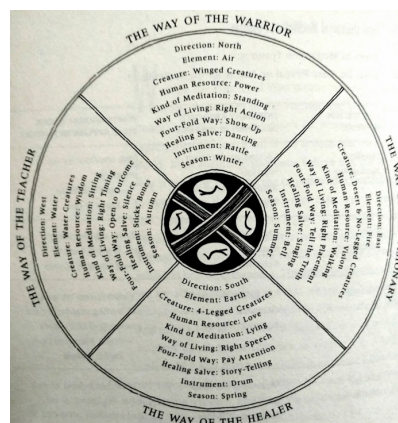


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- Many native cultures believe that **the heart is the bridge** between Father Sky and Mother Earth. For these traditions, the four-chambered heart, the source for sustaining emotional and spiritual health, is described as being full, open, clear, and strong. These traditions feel that it is important to check the condition of the four-chambered heart daily, asking: **Am I full-hearted, open-hearted, clear-hearted, and strong-hearted?**

- Angeles Arrien

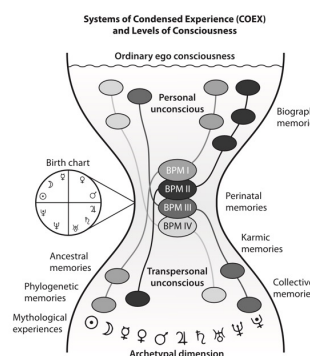
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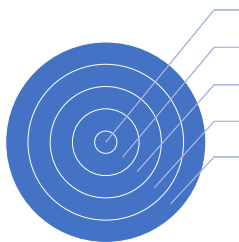
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COEX SYSTEMS - Systems of Condensed Experiences

A COEX system consists of emotionally charged memories from different periods of our life that resemble each other in the *quality of emotions or physical sensations* that they share. Each COEX system has basic theme that permeates all its layers and represents their common denominator.

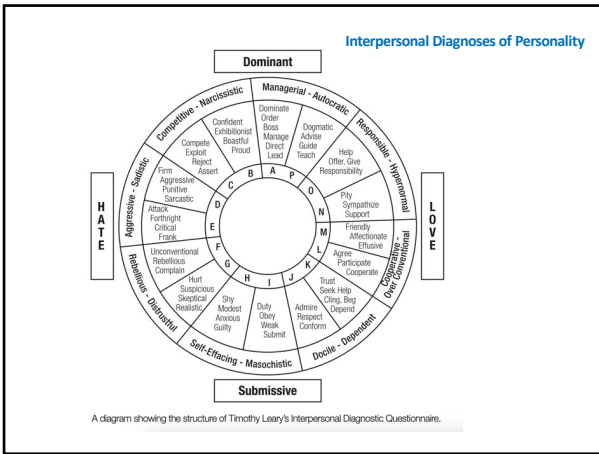


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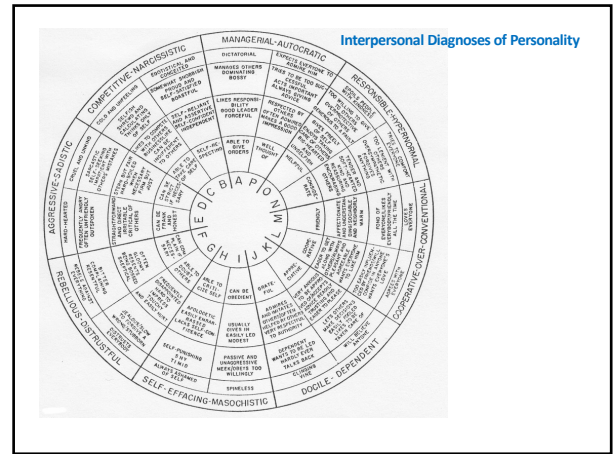
Interpersonal COEX systems

- The common denominator is certain *a certain type of relationship to a specific category of people* - authority figures, sexual partners, or peers.
- Since human relationships are complementary, an average person tends to respond in a predictable and expected way and thus reinforces a dysfunctional pattern. The task of a good teacher, ideal boss, and eventually the therapist is to respond in an atypical and unexpected way to break repetitive pattern and provide a corrective experience:
- The Jean Valjean Phenomenon.
- COEX systems are extremely important for understanding the dynamics of the therapeutic process and the interpersonal problems that might develop between facilitators/sitters and individuals who are in holotropic states of consciousness. It seems to be the key for understanding the extraordinary significance of set and setting for the holotropic experience.

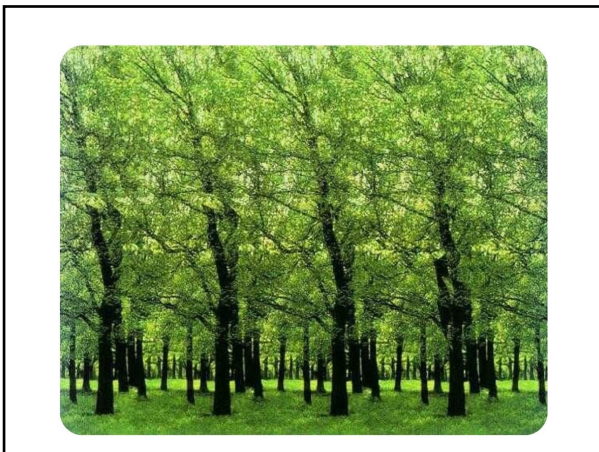
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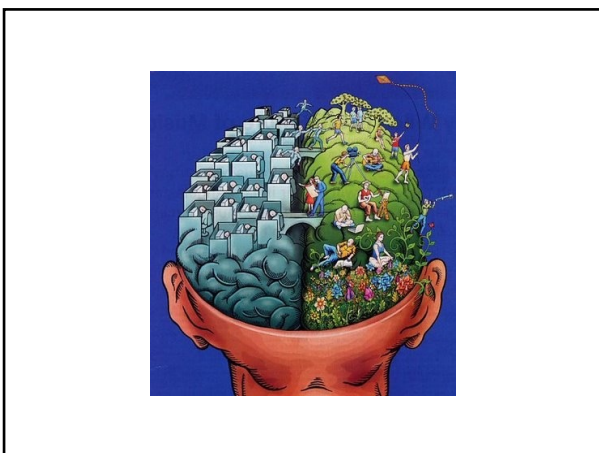


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OPEN by Mike Scott ♪♪♪

| | |
|---------------------------|--------------------------|
| open to the world | open to learn |
| open to spirit | open to laughter |
| open to the changing wind | open to being blessed |
| open to touch | open to joy |
| open to nature | open to service |
| open to the world within | open to saying "Yes!" |
| open to change | open to risk |
| open to adventure | open to passion |
| open to the new | to peace and silence too |
| open to love | open to love |
| open to miracles | open to beauty |
| open Beloved to You | open Beloved to You |

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The Right Brain vs Left Brain test

- ... do you see the dancer turning clockwise or anti-clockwise?
- If clockwise, then you use more of the right side of the brain and vice versa.

Most of us would see the dancer turning anti-clockwise though you can try to focus and change the direction; see if you can do it.

[Dancing girl](#)

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| LEFT BRAIN FUNCTIONS | RIGHT BRAIN FUNCTIONS |
|--------------------------|-----------------------------|
| uses logic | uses feeling |
| detail oriented | "big picture" oriented |
| facts rule | imagination rules |
| words and language | symbols and images |
| present and past | present and future |
| math and science | philosophy & religion |
| can comprehend | can "get it" (i.e. meaning) |
| knowing | believes |
| acknowledges | appreciates |
| order/pattern perception | spatial perception |
| knows object name | knows object function |
| reality based | fantasy based |
| forms strategies | presents possibilities |
| practical | impetuous |
| safe | risk taking |

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Finding the self by losing the self: ego-dissolution under psilocybin

Safety first

Predicting the outcome of psychedelic therapy

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It is tough to make predictions, especially about the future



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Exclusion criteria

- Schizophrenia, psychotic disorders, or bipolar disorders + first- or second-degree relatives
- Uncontrolled hypertension
- Pregnant women or those with inadequate birth control practices
- Tricyclic antidepressants, lithium, acute use of serotonin reuptake inhibitors (SSRIs), haloperidol might potentiate
- Chronic use of SSRIs and monoamine oxidase inhibitors might suppress their effects.

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BIOLOGICAL PREDICTORS

- 5-HT_{2A} 5-hydroxytryptamine receptor 2A (5-HT_{2A}) binding potential and other biological predictors
- Absorption
- Similar effects in males and females

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SET & SETTING

- Openness to experience
- Acceptance of non-ordinary states
- Surrender/letting go
- Expectations, mood, motivations and intentions

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- Drug effects were less intense in those with greater psychedelic usage in the past, suggesting that users may habituate or become desensitized to the effects of psychedelics over time.
- Greater previous use was related to reduced difficulty of the experience as well as reduced improvements in well-being post-treatment. One interpretation of these results is that users may habituate to the effects of psychedelics after repeated usage, and it may be important to not overuse psychedelic substances in order to continue deriving the same benefits from them.

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- Older individuals may be somewhat less sensitive to the effects of psychedelics drugs and/or potentially require higher doses

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“For us it is absolutely clear that the Grof way for any Sessions is to follow the inner healing intelligence and not have any intentions in your head!”

Stan & Brigitte

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