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**LILACA**  
**for**  
**BEGINNERS**

**17**



**Stichting Elektoor**  
Instituut voor Lilaca

# **Lilaca for Beginners**

## **Finger exercises in lilaca**

by  
Sunya de la Terra



**Stichting Elektroor**  
institute for lilaca

## Inhoud

Foreword . . . . .	3
1 Lilaca . . . . .	5
1.1 History . . . . .	5
1.2 Lilaca as a science . . . . .	7
1.3 Participatory observation . . . . .	7
1.4 Applications . . . . .	8
2 The totality of oneself . . . . .	9
2.1 The subconscious and unconscious . . . . .	9
2.2 The physical level . . . . .	10
2.3 The vital body . . . . .	10
2.4 The mental body . . . . .	12
2.5 Truth world . . . . .	13
2.6 Absolute worlds . . . . .	14
3 The psyche and the body . . . . .	15
3.1 The psyche . . . . .	15
3.1.1 Psychic being . . . . .	15
3.1.2 Identity . . . . .	17
3.2 The ego . . . . .	17
3.3 Buildup of the ego . . . . .	19
4 Different worlds . . . . .	21
4.1 The Supreme Reality . . . . .	21
4.2 The Unmanifested Reality . . . . .	24
4.3 The Absolute Worlds of the Spirit . . . . .	25
4.4 The reality of Truth Consciousness . . . . .	26
4.5 The Reality of the Universe . . . . .	27
4.6 The Worlds of matter . . . . .	28
4.7 The Cosmos . . . . .	29

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5	Evolution .....	30
6	Substances .....	33
6.1	Substance and matter .....	33
6.2	Self and consciousness force .....	33
6.3	Self and Substance .....	33
6.4	The Central Being .....	35
6.5	The psychic entity .....	36
6.6	The psychic being .....	36
6.7	Self, the .....	38
6.8	Matter .....	39
6.9	The build-up of substance .....	39
6.10	Matter is light .....	40
7	Being, consciousness, joy .....	41
7.1	Being .....	41
7.2	Consciousness/consciousness force .....	42
7.3	Bliss .....	43
7.4	Joy on the different levels .....	45
	Keyword index .....	46

## Foreword

This is the first textbook that appears about lilaca. Until now it was sufficient to indicate things in a rather narrative form, as the various previous publications in the field of lilaca show. But as the working method in training and research at Elektor, the centre for lilaca, acquired a totally different character since May 2006, there is a great need among people interested, for a book in which the first principles of lilaca are written down.

In the series Delta a publication came out in 2007 with the title 'Basic knowledge of lilaca'. This publication already met a need, but turned out to be too intricate for many to get a substantial picture of lilaca. 'Lilaca for beginners' is kept shorter and more concise, meant for readers who do not know a thing about lilaca.

Lilaca is not a science widely known. The insights and concepts used are not commonplace either. It turned out to be a quest to see how everything could be displayed as comprehensibly as possible.

Even so, an attempt has been made, in terms as simple as possible, to express something which is beyond human imagination. Lilaca by its nature goes beyond the mental possibilities of men.

The result is here in front of you. Everyone will have to see if there is something to one's taste.

Although this book is called 'Lilaca for Beginners', it is far from a textbook in the classical sense. The subject matter covered in this book is too tricky, if not impossible, to understand with the mind. Therefore, this textbook is not intended for one to learn something, but to allow it to oneself. Furthermore, it is mainly a publication that puts the framework of concepts of lilaca in a proper perspective and clarifies where possible. This allows a comparison with concepts from other sciences.

The best attitude to read the content is a psychically critical mind-set. This attitude will certainly in the beginning not be obvious. In order to eventually come to a more psychic approach to things it will become necessary for one to increasingly detach oneself from the mental knowing, and consult one's person, one's being, one's psychic being.

In this publication no reference is being made to sources or to existing literature. The issues at hand have been noted down from living experiences.

Sant Julià de Lòria,  
January 24, 2014

Sunya de la Terra



## 1 Lilaca

Lilaca is a science that studies lila in all its forms of appearance. The lila is a universally working energy that was discovered around 1980. In lilaca, all the phenomena related to the lila are being studied.

Research areas include:

- matter and its possibilities for change and transformation by the lila
- the different forces that work in matter, such as spirit, light and fire, and power, heat and electricity.

Lilaca is a practical science, which distills the theory from practical situations. So it is a science that starts from what there is and that which is being observed regarding the functioning of the lila energy all over the world.

It is a science that goes beyond the mental, the mind. This implies that the facts discovered from lilaca can be mentally ordered, but cannot be understood by the mental. The psychic being<sup>1</sup> in man is the appropriate instrument this knowledge can be conceived with.

### 1.1 History

Lilaca places itself in the tradition of the many researchers interested in the build-up of reality.

In antiquity, both in the ancient eastern and the western world, people searched for the building material of all existence. In the Vedas the rishis<sup>2</sup> were the seers who beheld everything by means of a direct perception into the absolute worlds<sup>3</sup>. So this wisdom was absolute and unchangeable and sages and seers have recorded in writings or orally passed on a lot of knowledge concerning the existence and origin of

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1 See '3.1 The psyche' p. 15

2 Rishis refers to the seers and the wise men of ancient India who wrote down their insights and wisdom in various texts, such as the Vedas

3 See '2.6 Absolute worlds' p. 14

things. In Greek philosophy it is Herakleitos for instance who discovers that everything is made of fire.

A lot of philosophers, from the Greek world to the present day, have found that the essence of things cannot be seized with the mind. Many have made frantic attempts to go beyond the mere sense in order to gain insight into the workings of matter.

The fiercely enforced separation between the humanities and the natural sciences from the sixteenth century onwards made it nonetheless increasingly difficult to reconcile the wisdom of the seers with the intellect that demanded proof. Hence spiritual knowledge was completely separated from scientific thinking.

In the second half of the nineteenth century Sri Aurobindo Ghose and Mirra Alfassa discovered the existence of a supramental energy in the world which was capable to bring the human body with all its electrons, atoms, molecules and cells into such a change that a further step in the evolutionary process became possible. They were convinced that man is not the end of the evolutionary process. They spent their whole life studying the processes in the human body matter. This approach is known as The Integral Yoga. Eventually, around 1970, they came to a first change in the body. This change took place on the so-called subtle physical level of the body. They called it the supramental transformation.

In the Netherlands a small group of people discovered around 1978 that a still unknown energy had become active in nature. This group launched an investigation into the properties and the workings of this energy. This new phenomenon was later called the lila energy. This phenomenon appears to be the building block of all existing reality. It exerts a great influence on man's life and existence. The lila is the force of evolution that has always worked in the evolution of matter. The lila energy opens up possibilities to again take a new step in evolution. After the discovery of the lila, it was investigated how this energy could help to get further in a development of the human body matter.

It is soon discovered that a next step in evolution can be taken, and even an accelerated evolutionary process comes into the bounds of possibility.

A research project is set up in which various people from diverse groups of society participate. Soon the name emerges for this new science: lilaca. The field of research appears to cover a wide area and have a lot in common with various fields of science.

### **1.2 Lilaca as a science**

Lilaca will not readily be recognised as scientific by the established sciences. Lilaca actually houses two things that have become incompatible nowadays and that is spirituality and scientific knowledge with its evidence. Lilaca is a science which is seen as a going together of the knowledge of the spirit and of matter. It can therefore be characterized as a spiritual science, or, as the physics of the spirit, as in lilaca it has been discovered that spirit is identical to matter, spirit and matter are only two aspects of the same thing.

### **1.3 Participatory observation**

In lilaca, the method usually used is the one known as the participatory observation. Thereby the researcher is at the same time participant and observer in any given situation. This implies that a lilac researcher takes part in what happens but also observes what happens.

This is the very characteristic of any investigation that takes place in lilaca. As a researcher he is at the same time actively involved in every event which occurs and which is being investigated. Yet, he is also observing the situation, watching it from a distance. If carried out correctly the investigation becomes an unbiased and objective whole, in which everything is considered and described neutrally, as far as both oneself and the other is concerned.

Besides, in lilaca it is assumed that everything is present in the researcher himself. Everything he experiences takes place in himself and every person or thing or creature involved, always also exists within himself.

This method of research can, in terms of reliability, be equivalent to other research methods, provided it is accurately and exactly conducted and described.

#### 1.4 Applications

The uses of lilaca in practice are numerous. Insights and skills can for example be applied in various business processes and in scientific research in various disciplines.

The primary applications focus on the transformation of matter and on an acceleration in the evolutionary process of man.

- The study of the lila energy and the possibilities to use this lilac energy for the transformation of matter and to effectuate changes in the electron, atom, molecule and cell. As a result, more knowledge is being generated about the workings of matter.
- A practical application of the possibilities of the lilac energy to effectuate changes in matter in the researcher himself to come to a next step in the evolutionary process.



## 2 The totality of oneself

The totality of oneself includes much more than the average person is aware of. A human being is usually fixed on the body he has. The body means his identity to him. His self usually turns out to be his own body.

In official terms the body is also referred to as something you are yourself. On identity documents there are pictures of a part of the body, usually the head. That is you, as a human being.

The body also receives a name, that's the identity. Fingerprints are also part of the identity. In short, a person's identity is his body, that goes for the majority of mankind.

Yet there is significantly more to see in the totality of oneself. A human body consists of many levels of consciousness and to such a body indissolubly belongs the psyche, the core which contains the identity of the person.

Which levels can be distinguished in very general terms?

### 2.1 The subconscious and unconscious

Under the feet are the lower layers of the physical body. Here is the seat of the unconscious and the subconscious.

In the unconscious lies death, especially in the bones, teeth and similar hard parts of the body. Here total darkness reigns and the hardness of a rock. There everything is divided to the extreme, although lying behind it is always the oneness from which all matter and also the spirit originate. It is the atomic level of the body.

The subconscious is situated just above the unconscious. It is the molecular body. These molecules rule the body through the fixed patterns laid down in it. The DNA molecule is an example of this. It is full of automatisms and it repeats everything.

From this area the eternal repetitions stem in which people continually lapse into.

Also habits lie fixed here. It is a very subconscious, unreasonable thinking that plays first fiddle.

These two areas consist of material substance that is very ignorant and dark. It is also very unconscious matter these bodies consist of.

Normally people do not know what is going on in these areas and what kind of impact they have on their actions.

## 2.2 The physical level

This is situated at the level of the legs. It is the level of the body cells. At this physical level there is also a thinking, the thinking in the cells. This thinking is called the mental physical. It has a large influence on what people do and don't. It is a fixed thinking that sets everything. It is also unreasonable, there is no talking to it. This also holds for the subconscious thinking and the unconscious thinking of the foregoing levels.

On this physical level the centre of matter is also located, the 'matter factory'. It is closely related to the sexual centre, which is situated next to it. Sex as such is a vital movement aimed at procreation and therefore classified under the lower vital body.

The three levels of the unconscious, the subconscious and the physical are all considered part of the physical body.

## 2.3 The vital body

The vital body consists of four levels:

- The *lower vital* at the bottom of the abdomen, with its drives, anger and fears, sex.
- The *higher vital*, around the navel, with its power centre and the life forces.

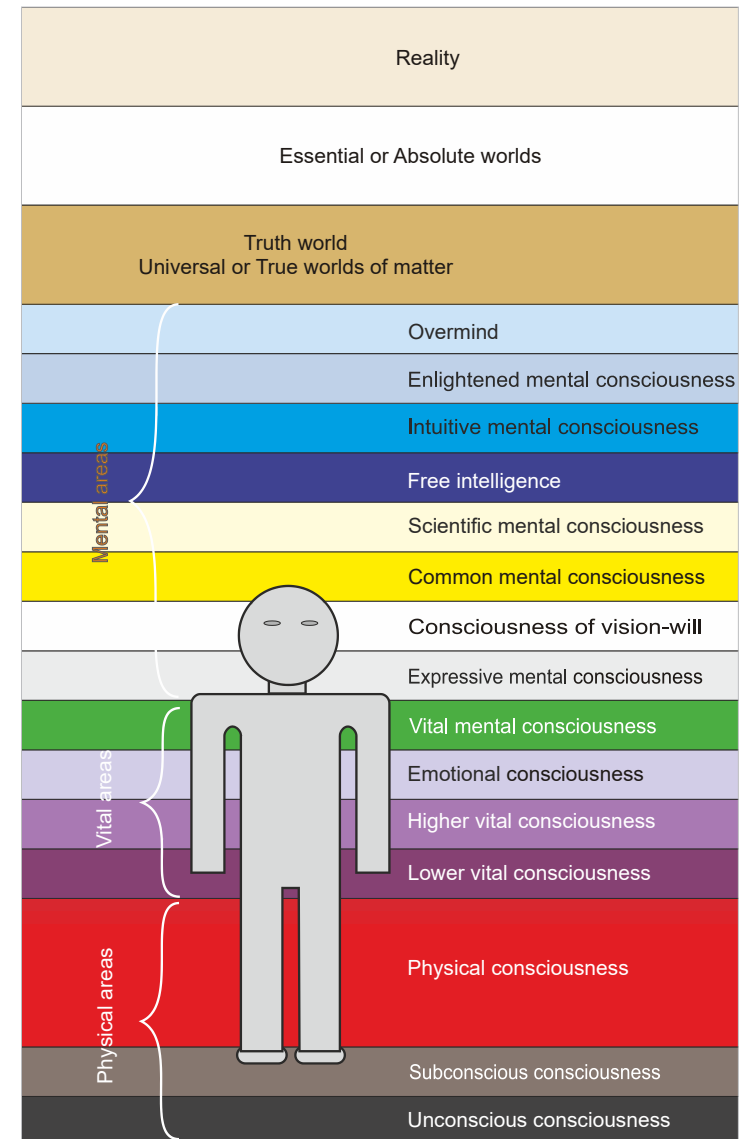


Figure 1: the totality of oneself



- The *emotional vital*, in the chest. The place of affection, enthusiasm, sympathy.
- The *mental vital*, which makes vital formations. It is also an area that brings things living in the vital to the expressive mental, so they can come to expression. This is what happens, for example, with very emotional or vital expressions of artists.

#### 2.4 The mental body

The mental body consists of many levels of thinking. Usually only a few are being used by man and far from all levels are well developed. The level of scientific thinking is the highest level man usually moves on, and then especially advanced thinkers. The levels to be distinguished in the mental body start from the expressive mental and end with the overmind.

- The *expressive mental* in the throat area
- The *vision-will* in the eye area
- The common *reasoning thinking*
- The *scientific thinking*, science and philosophy
- The *liberated intelligence*, a very free and creative thinking
- The *intuitive mental*, intuitive flashes sometimes come from: Dante, Da Vinci, Einstein, Nietzsche
- The *enlightened mental*, a clear mental with a limpid view on the world
- The *overmind*, the world of the gods.

In most cases people use the mental in a way that does not put it in the place the mental has. The mental is above all an organizing principle that is structured in order to order, sort and count. This also includes a logical ordering. It is also at the basis of memory.

The mind is most of the time sufficiently flexible to accept things it does not understand. Assumed is then that it is to a certain extent well developed, especially the reasoning mind, which is also called the common mind.

The mental, however, is not suitable to philosophize or to comprehend things of the higher worlds. It is not capable to do so, this goes beyond its abilities to order, sort and count. At the moment man asks something from the mental that is out of its league, it reacts to it by classifying it as something religious or incomprehensible. Or it is made into a faith. Or the mind says that it does not exist, and labels it as belonging to a sect, or as a special natural phenomenon or even a miracle.

All this shows that the mental is overcharged and then just makes up something. People go into it and often put up with it. They are ignorant of the fact that they are overcharging the mental. Hence there are many things people do not know where to place. There the mental falls short.

The funny thing however, is that people content themselves with it. They don't go looking for an instrument that can comprehend this knowledge, namely the psychic being. But this seemingly missing instrument is present in man, it is at hand. Because he is ignorant, and not ready yet to go looking for it, he does not know the instrument yet. The psychic being however, is in himself the instrument needed to know. It is the true knowledge tool in every human being that can look into all of the things hidden from the mental.

#### 2.5 Truth world

Above the mental areas are the Universal or True worlds of Matter, the centre of our universe.

See also '4.4 The Reality of the Truth Consciousness'.

## 2.6 Absolute worlds

On top of these are the worlds of the Absolute, where everything that exists below already exists in essence. They are the Essential or Absolute Worlds of Matter.

See also '4.3 The Absolute Worlds of the Spirit'.

The planes of the Truth World and the absolute worlds have to this day not been known by any human being and they are not being used as a source of knowledge either.



## 3 The psyche and the body

### 3.1 The psyche

The body with its many levels is on the whole still very much unconscious. It is ignorant, it is divided. It wanders through the world without purpose. It is locked up in its own prison of thinking. This is of course what a mental body is for, it is guided by a world of thoughts, as well in the mental as in the physical body. Basically, the body should be guided by the psyche. In the practice of human life this is not the case. The body, the ego, is the boss and the psyche has little or nothing to put in.

#### 3.1.1 Psychic being

The psychic being is that which a man is. It is a unique person with a unique identity. The psychic being consists of a core, the self. This is also the identity of the person.

This core is surrounded by a psychic body where the forces and powers are. These are also called psychic personalities. Around the core the four main forces or personalities group:

- Immortality (Being)
- Eternity - Infinity (Consciousness-Consciousness Power)
- Truth
- Love and Joy.

These are the four main personalities or forces of the psyche.

Around this core many more personalities or forces are present. In 'Figure 2: the psyche' a number of them are named, grouped in a circle around the core. Yet around this circle another circle can be formed, and so on to infinity.

Colloquially the psychic being is also called the psyche.



Figure 2: the psyche

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1. Psychic core (identity)      | 10. Perseverance (green-yellow) |
| 2. Immortality                  | 11. Gratitude (green)           |
| 3. Eternity - Infinity          | 12. Humility (blue-green)       |
| 4. Truth                        | 13. Sincerity (blue)            |
| 5. Love and Joy                 | 14. Peace (dark blue)           |
| 6. Courage (red)                | 15. Balance (violet)            |
| 7. Progress (dark orange)       | 16. Nobleness<br>(pale mauve)   |
| 8. Receptiveness (light orange) | 17. Health (magenta)            |
| 9. Aspiration (yellow)          |                                 |

In an average man the personalities and their forces are mostly fanned out all over the body, making them work like ego forces. This chaos affects the entire psyche. The psychic core has then become weak and incapacitated. Although the core is completely absolute and can never show a flaw, it cannot do anything any longer. It is immersed in the darkness of the body.

The psychic being is the one who, in an evolution of light, plays its game in matter, in a physical form. It builds up a complete psychic world of a psychic substance, with a physical world, a vital world, a mental world and eventually a truth world and a lila world.

### 3.1.2 Identity

The core of the psyche is a spark of the True Self, the Flame.

This core is absolute, true and ever existing. It comes directly from the absolute worlds. In contrast to the body, the core of the psyche is everlasting. It is forever identical to itself. Nothing or anybody can change anything about it.

Identity is essential and absolute, an essential reality. The core contains everything that exists.

The nice thing about an identity is that it also contains all the other billions and billions of identities.

It implies that when someone has become himself again, hence lives in a psychic way, he can know all the other identities within himself.

This is called knowledge through identity.

Most people don't know their identities because they have no knowledge about themselves and the psyche.

### 3.2 The ego

The ego is the still dark and ignorant ego body. Everything in daily life is done with it. The mind thinks, the vital makes a fuss because otherwise it thinks it does not live. The physical must agree to what the mental and the vital want.

Consequently the physical body has a really hard time in life. It is forced in everything by the vital, it must for example achieve great sports results.

Everything the mind makes up must happen.

So one always lives with an ego that is busy with things in a very compulsive way.

There is never really any tranquillity. Even if one wants to be quiet, one is not, because being quiet is compulsory too.

That is why people often get angry when they want peace and quiet. There isn't any calm then, because it will be disturbed anyway.

The ego plays the leading role in the whole of people's lives. As a result the psyche does not get a chance to get to do something. He is immersed in the mud pools and swamps of the vital and is totally blocked by people thinking so much. The physical is chased through the world, and is happy if for a moment it may sit in a chair. Also the physical body with its subconscious patterns and its irrationality is a source of ignorant matter.

For the psyche it is not or hardly possible to break through this.

A man in his ignorance thinks that he has a free will he can choose how to live with. In practice this turns out to be a delusion. Almost every human being is being lived and guided by what his ego body feels like. There is only the idea that it is not this way. This is how someone is fooled around by one's own ego, making one think that the choice for a certain life was made by himself, in all freedom.

But this is not so. If a man really wants to make use of his free will, he will have to become his true self and start living in a psychic way. This is something completely different from living with the ego.

In order for this to happen, a man will have to take a different path from the one he is walking now. And, it is not quite a walk in the park. Although the will is often there, in practice it turns out to take some doing.

In the table below a number of characteristics of the psyche and of the ego are listed. These are just some of the characteristics, there are a lot more to be mentioned.

The psyche	The ego
absolute and a unity, is undivided	divided in everything
unfolds naturally in wisdom	blind and unconscious
reliable	unreliable
sees reality because the psyche is reality	unreal and blind
true	a delusion
knows true love	knows only hate
exists	non-existence
unity	division in thoughts, life and body
cannot get ill	suffers from diseases
purposeful	full of confusion and chaos
free	unfree
immortal	mortal
independent	dependent on external things

Table 1: characteristics of the psyche and the ego

### 3.3 Build-up of the ego

The ego particularly consists of man's outer body.

The outer body consists of a gross material body and a subtle physical body.

The gross material body is the body as everyone knows and sees it. This body is built up by the subtle physical body that lies behind it and cannot be perceived through the normal vision. Both bodies have

the levels of consciousness already mentioned, from the unconscious to the mental consciousness. Behind the subtle physical body is the place of the psyche. The place can be situated on the back behind the heart region.

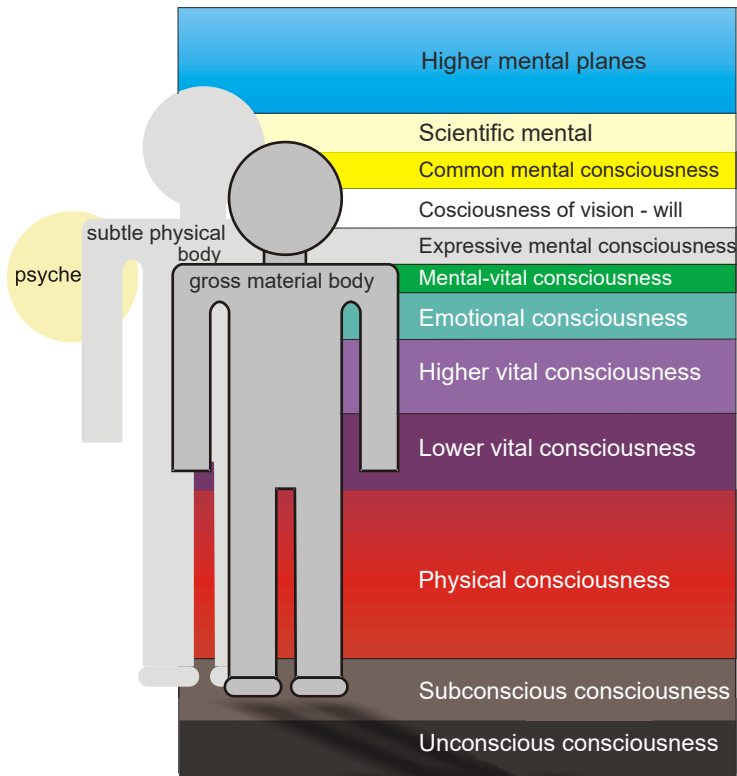


Figure 3: the outer body



## 4 Different worlds

The different worlds that exist are being described from top to bottom, as the lila usually shows them to those who want to take note of it. Those worlds are everywhere. There is in reality no above and below. The Supreme Reality is everywhere, and also the most divided matter in the cosmos is everywhere.

### 4.1 The Supreme Reality

The Source of All Being is the Supreme Reality.

The lila is the One, Essential Spirit or Self, the Supreme Reality.

From the Lila everything that exists comes forth, as well in the transcendental worlds as in The Truth World and the relative world. The Lila is The Oneness of all there is. He is The One Light that is all Lights.

There is nothing that might exist if it were not already present in this Supreme Reality. Everything that exists is there and also everything that has not come into existence yet, is there.

There are many, many realities that have not been expressed yet in a form on earth.

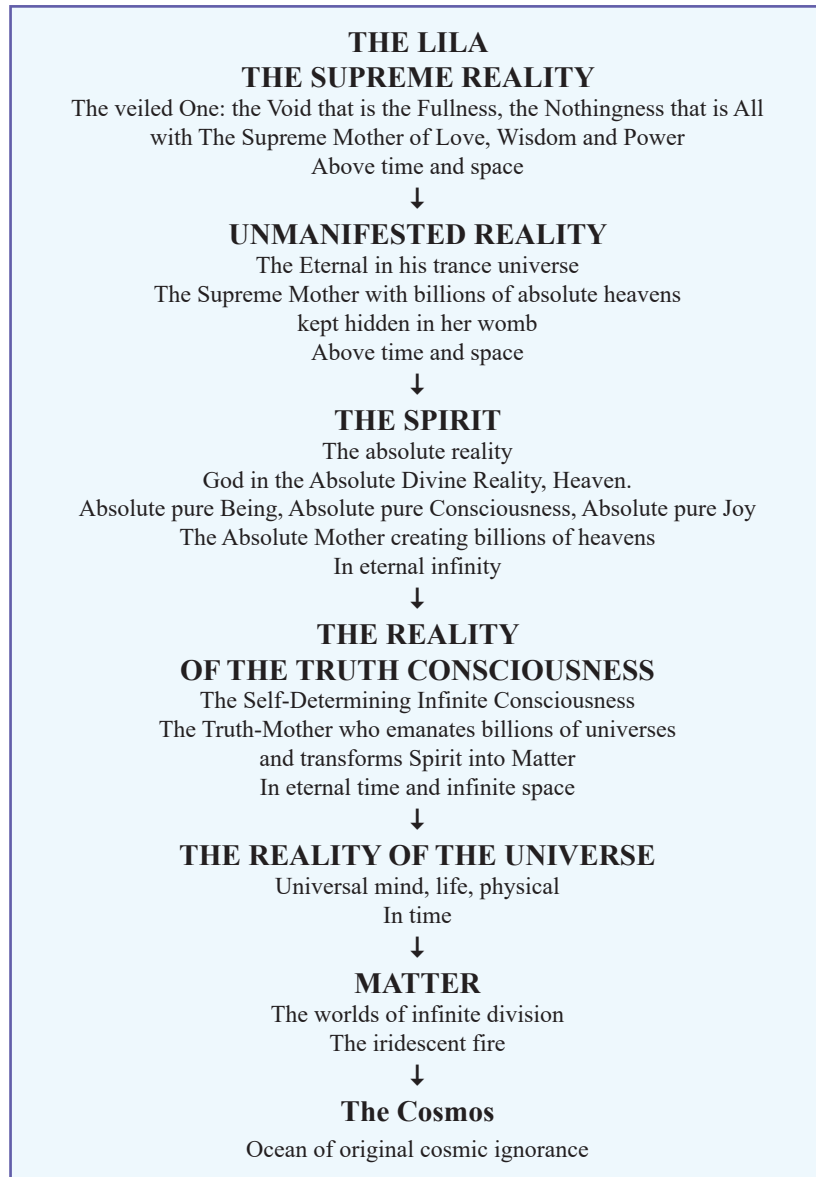
The Lila is The Source of all Matter, Light, Energy and Power. He carries all Being, Consciousness and Bliss within him.

Being, Consciousness and Bliss are substances everything consists of. They are the basis of all material things.

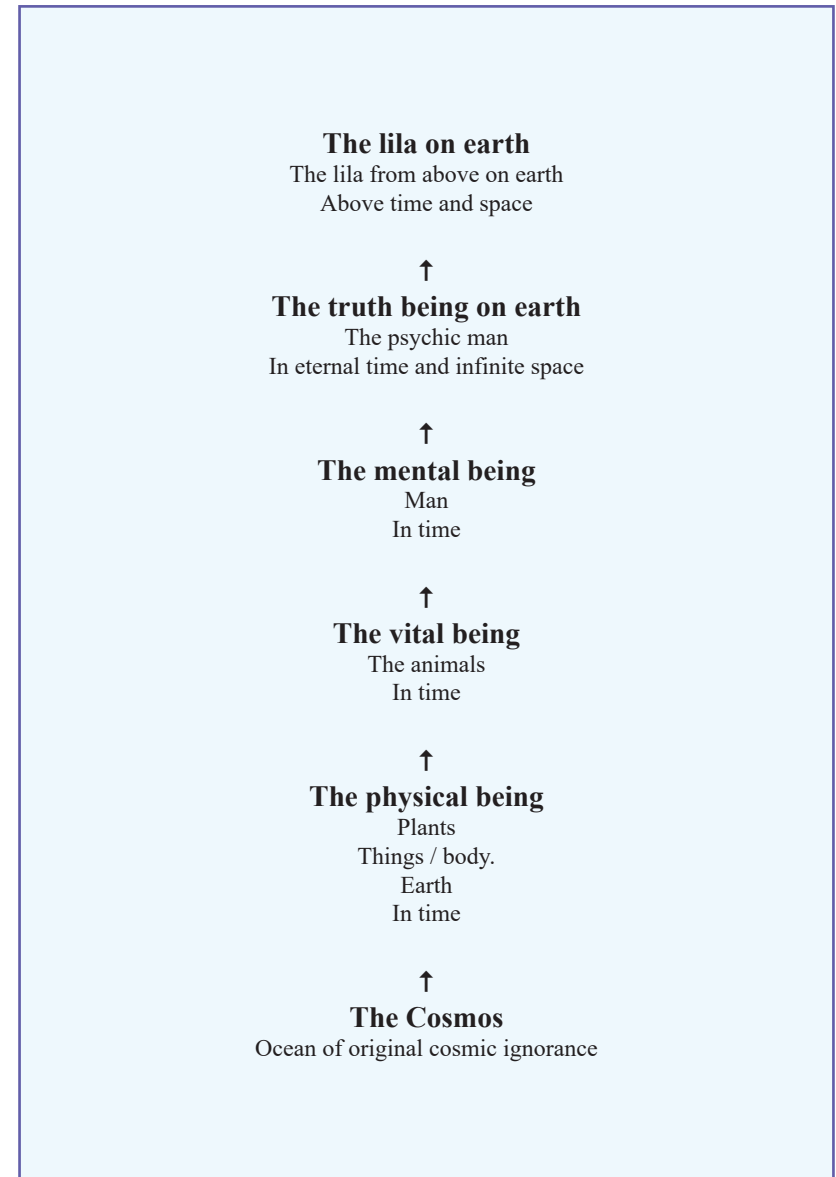
The Lila lives beyond Time and Timelessness and is bounded by nothing.

He is The Veiled One, The Nothingness that is All and with The Supreme Power with Her Wisdom, Love and Power.

There is no one who can know the Lila if he cannot form, both psychically and physically, a oneness with The Lila. To this end a transformation of the body's matter is necessary.



Scheme 1: Reality - devolution



Scheme 2: Reality - evolution

In lilaca, the word lila is also used in the following meanings:

- The lila: a being that has reached the end of its evolution and whose psychic being as well as the gross material body have become lila. This means that the psychic being and the body can form a oneness of light. The lila is a creature of oneness, a creature of bliss that carries the truth in itself. In the lila the lightening spirit which was locked up in electrons, atoms, matter, is liberated again. The lila has become all that exists and thus encompasses with its being the Transcendent, the Truth World, the psychic world and the relative material world.
- The lila: the lila energy that works in everything in the worlds of matter, as well as in the transcendent worlds, the truth world and the relative world. This is the consciousness force that builds the worlds.
- A lila: the creations of a lila, a lila work.

#### **4.2 The Unmanifested Reality**

From the Lila, the Supreme Reality, the transcendent worlds originate with the Unmanifested Reality. These worlds are above the Universe. Everything in this world is made of Spiritual Absolute Substance, which is very, very airy. It is the causal matter out of which everything can be created that exists. The oneness is still predominant here, although a certain amount of division can already be discerned in the background.

The Unmanifested Reality is the Universal Absolute Self and the Supreme Lila Force who still keeps all realities hidden in Her womb. Everything is there, yet there is nothing to be seen. No manifestation has taken place yet. However, many realities can be born at any time. Everything is present in the womb of the Force, the Lila Mother of All Matter. Again and again, new absolute realities emerge from Her. She

also has the heavens in Her womb, the heavens that this unmanifested reality is.

These heavens are the Worlds where the Spirit can dwell, the Spirit of the Worlds of Infinite Oneness that is the Absolute. However, these too have not been manifested yet.

This is the world of the Eternal Manifestation.

This world is above Time and Space.

#### **4.3 The Absolute Worlds of the Spirit**

The Spirit is The Absolute Reality, Heaven. There is in this Absolute world an Absolute Being, an Absolute Consciousness and Absolute Bliss. The Individual Absolute Self is there with the Supreme Absolute Lila Force that creates billions of Heavens for the Spirit here. They form an aspect of the Universal Absolute Self. Here are the Worlds of Infinite Unity, an Absolute Reality.

This is a world of very dense light, a compact bliss. These Heavens consist of Absolute Substance, the spiritual substance which is so airy that it is almost imperceptible.

Everything here is marvellous and beautiful, there is nothing dirty or damaged.

In the Absolute it cannot be that something would be broken or be imperfect.

There is a pure Being, Consciousness and Power, there is pure Bliss. Everything there is lightening and whole. In this world lives the Individual Absolute Self, also called the Central Being, which watches over the Flame in the evolution. The Central Being is a sun full of selves, full of identities or realities.

From this Central Being the Psychic Entity originates, but also the Psychic Being.

This Individual Absolute Self is not in evolution, but watches over all individual manifestations.

In these Worlds of the Spirit the Oneness still predominates, but there is already something noticeable of the multitude that this Oneness also carries within. It is the oneness in diversity.

This world is in the Eternal Infinity.

#### **4.4 The reality of Truth Consciousness**

The worlds of the Supreme Reality, the Unmanifested Reality and the Absolute worlds can also be called the Transcendent Universe or the Transcendent worlds. On this transcendent Universe borders the Truth World.

This is a world where everything from the Transcendent World, the Heaven and everything in it, is being transformed into the earthly worlds of Matter, so also the earth on which people live with the firmament included and its sun, moon and galaxies. It is a world of transformation. Here Spirit is being transformed into Matter and Matter into Spirit. This means that a world of division can be created now.

This is a world of very compact Being, the Truth World.

This is a World of very compact Consciousness, the Truth Consciousness.

This is a World of very compact Consciousness Force, the Truth Life.

This is a World of very compact Joy, the True Joy.

This very dense, very compact substance is a Truth Form of True Substance in Eternal Time and in the Infinite Space.

Here the free spiritual Knowledge, the Gnosis, is present.

It is also the Self-determining Infinite Consciousness/Consciousness Force which converts Spirit into Matter.

It is the Truth Force that emanates billions of universes from Herself and transforms Spirit into Matter for the temporary manifestation on earth. In the Truth World everything visible is True. Gold is the colour and the material everything is made of. Golden electrons and golden atoms form buildings here, creatures, animals, waters that are crys-

tal clear gold. Everything is limpid, full of True Power and Might. There are also Truth Beings with lightening golden bodies and magnificent clothing that never perishes or decays or wears down. Their clothing is their body. There is true peace and freedom, true harmony, true wisdom, true might and true perfection. There is an abundance of trees, flowers and fruits and everything is full of beauty and lustre. The lightening world of truth bathes in the golden rays of the Truth Sun that always shines and never sets.

The Truth World is the reality from which, under the supervision of the Lila, billions of truths, lights and powers are brought down. So that also in mankind the truth being can get born.

The Truth World is a universal world in the Eternal Time and Infinite Space.

#### **4.5 The Reality of the Universe**

This is the reality of

the Universal Mind

the Universal Life

the Universal Physical.

In this Universe the Universal Force is the one who creates all universal beings and things. Behind her stands the Supreme Lila Force that supports the Universal Force in Her creations.

The Overmind lies at the top of the Universe; there the Gods live in their Kingdoms full of Light. The division is obvious, they all live in their own Kingdom. Yet, they receive a massive amount of light from the Truth Consciousness, the world that lies just above it. Every Kingdom is based on an Absolute Truth. These Kingdoms do not, however, form an Absolute Oneness, as is the case in the Absolute where they stem from. They each form a world of their own. This is the first division of the spirit in its Absoluteness.

It is also the first division there is in the Universe. Descending in the Universe, this division will become increasingly noticeable. At the bottom of this relative Universe an extreme division of the spirit has



been reached. Then Being has become non-being, Consciousness has become Ignorance, Consciousness Force Incapacity, Joy has become Suffering.

Among all these things move the hostile forces, the beings without a soul.

The Universal Mind, Life and Physical is the truth consciousness subject to the play of the Overmind. It is limited and defined and it is for true but very limited creations in time. They are also referred to as the Mental Principle, the Vital Principle and the Physical Principle.

Under the pressure of these Principles, forms can arise in the gross material matter under the guidance of the Lila and the psychic being.

The indication Universal can be used in the wide sense for the entire reality of the universe. It is broader than the denotation Cosmos, a designation that can only be used for the levels existing from the overmind to more lower lying levels.

For convenience sake, the term Universal is often used for these realities.

The worlds of the universe are in time.

#### **4.6 The Worlds of matter**

The worlds of infinite division, the iridescent fire.

In matter is the reality of the infinite division. The One Light of the Absolute, the Spirit, is completely divided here, into very small matter particles. The Absolute Light has become an iridescent fire containing all the colours of the rainbow and countless more. They have all become small particles of fire. An ocean of iridescent fire.

#### **4.7 The Cosmos**

The fire cools down and locks itself up in matter. From the matter particles formed in this way the whole universe is built up. The cosmos comprises an ocean of particles the consciousness of which has been

totally obscured. Hence it is an ocean of original cosmic ignorance, an original ignorance, born out of the absolute worlds through a transformation by the Truth World.

An exchange takes place with the universal worlds of matter to enable an evolution back to the origin.



## 5 Evolution

In the previous chapter the devolution of matter from the Supreme Reality, through the Unmanifested Reality, the Absolute Worlds, the Truth World, the universal mind, the vital and physical, up to the worlds of matter has been outlined. This is how the One has become totally divided, to the extreme, into a world of iridescent fire and subsequently got trapped in a dark ocean of ignorance. Then the way back begins, the way of the evolution of matter back to its origin, the Lila.

Through the working of the Universal Physical Consciousness or the Physical Principle, out of the cosmic ignorance a world is born of physical beings, bodies and things. The earth, but also celestial bodies, mountains, stones, everything is being born out of this ocean of ignorance as photons, the light particles, start to form electrons with many different contents of 'colours'. The electron determines the structure of the atom. It also determines what kind of substance something is going to be: wood, iron, aluminium, but also whether it is going to be a mountain, a celestial body or the earth.

Under pressure of the Universal Vital or the Vital Principle, life subsequently comes into being. Flowers and plants, the vital physical beings, are being born. They are transitions from physical to vital forms. And under the pressure of that same Universal Vital also arise vital beings, the animals.

Under the pressure of the Universal Mind or the Mental Principle, human beings, mental beings, are born out of living matter.

As the evolutionary process goes on, Truth Beings are being born under pressure of the Truth Consciousness, and in the end, under the workings of the Lila, lila beings are born out of the truth beings.

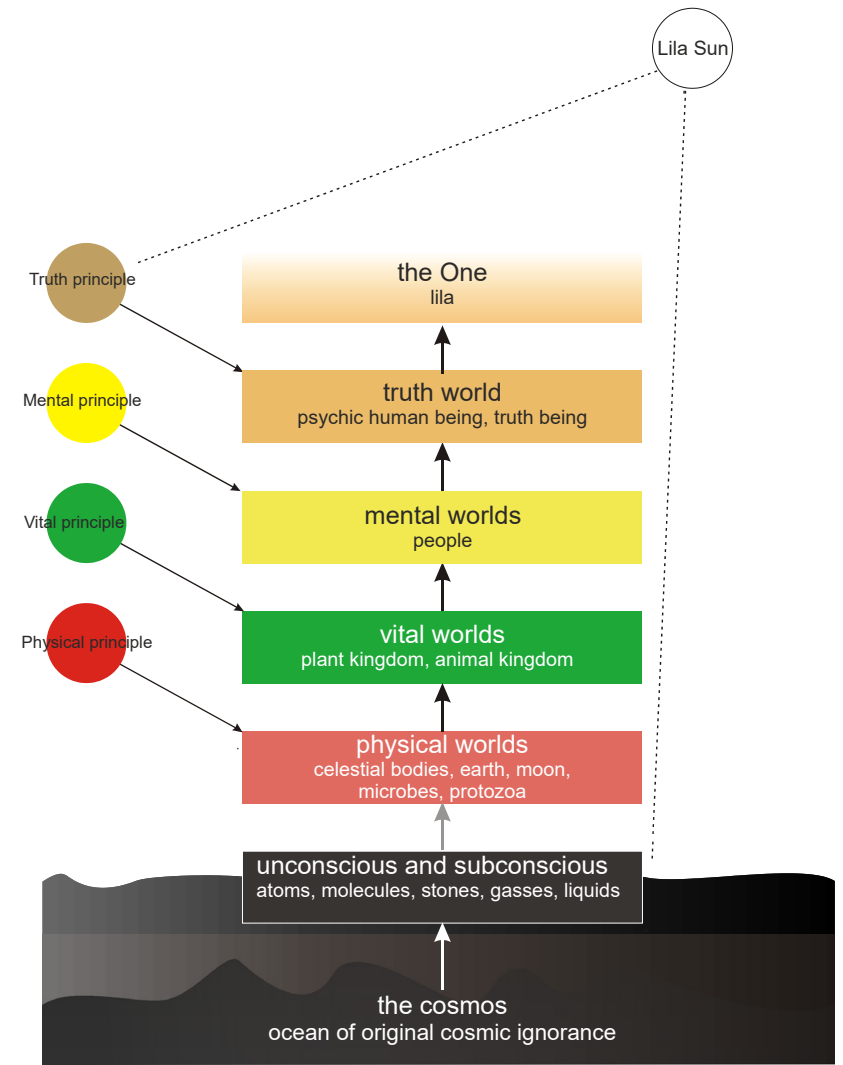


Figure 4: evolution of matter

Everything up to the truth being is under the direction of Mother Nature. She is the lowest Force in the Universe and creates the individual things and beings. Behind Her stands the Supreme Lila Force as the Force that rules everything in all worlds. Someone who is in a lila development can as a human being already experience the Lila Force in a very attenuated form.

The worlds that come into being in the evolution in the material universe are up to the truth world in time.



## 6 Substances

### 6.1 Substance and matter

Everything in the material universe where man abides, consists of substance. Substance is the general word for many kinds of matter. Sometimes the term substance is also used when referring to matter. But the most common designation is substance. (In Dutch one also uses the word ‘stof’ when substance is meant, as in ‘zelfstof’ or ‘spirituele stof’.) Matter is generally reserved for the gross material substance of the outer bodies.

The word matter is actually unambiguous; it designates the gross material matter.

The word substance always needs a further indication of the kind of substance meant.

### 6.2 Self and consciousness force

In lila things can be considered from two perspectives. From the self, the person who looks on, and from the consciousness force, the dynamic action.

Mostly in the practice of the gota the dynamic action of the consciousness force is used, because it appeals more to lilaic researchers, called gotis, and it works faster than the beholding element.

It is also from this point of view that there are always everyday activities that are called gotas. From the gota, in which lila is practised, one comes to an outcome, which is looked at with the self, or often also with the mental.

Based on this, the lilaic research results are defined and research reports are drawn up.

### 6.3 Self and Substance

In the diagram ‘self and substance’ is indicated on the left what the substance is the various types of self consist of.

**Self and substance scheme**

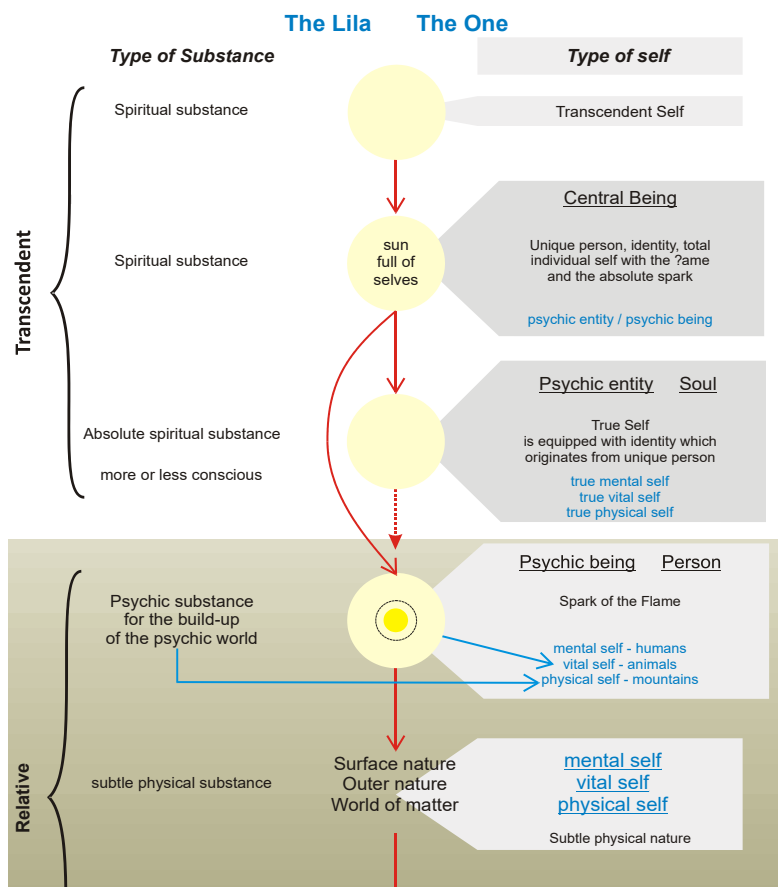


Figure 5: self and substance scheme

On the right-hand side are the indications of selves which exist in the different worlds.

It is not so that the selves and substances mentioned here are described in their totality.

They are examples of selves and substances as prototypes in a particular world. All the selves and substances in a particular world are made of the same substance.

In the diagram three worlds can be distinguished:

- The World of the Supreme Reality, the Lila, with the World of the Transcendent, which comprises the Absolute Worlds.
- The Truth World with the True Self, the true mental self, the true vital self and the true physical self.
- The Relative Worlds with the outer nature, the subtle physical and the gross physical body.

**6.4 The Central Being**

The psychic being stems from the Absolute Worlds of lightening spiritual substance, where the Central Being dwells.

This Central Being is the unique Person, who carries all identity within himself. As Consciousness Force she is the one who holds all reality within herself. The Central Being is the One in All in the Transcendental Worlds. Out of it every identity arises.

This Central Being is not in development and not in evolution.

It sees to all individual manifestation. This implies that it is a contemplating person who watches how the psychic beings who did enter into an evolutionary process move in it.

It watches over the Flame in evolution, and it consists of spiritual substance. It holds the Absolute Spark in itself, the True Self.

Out of this Central Being both the psychic entity and the psychic being arise.

### 6.5 The psychic entity

The psychic entity is also called the soul. This word denotes the material soul as it consists of psychic, absolute spiritual substance. It finds its origin in the Central Being, just as the psychic being.

There is, however, a great difference between psychic entity and psychic being.

The psychic entity is the soul who is the representative of the Central Being.

It is the True Self or Being, it is Being, it is the Flame of the lila in the core of the things.

He is the Flame of the True Self. This is an Absolute Flame, absolutely pure and it consists of spiritual existence substance.

The True Self always watches and is immobile in His Beholding.

The psychic entity is the thinking faculty, the fire, the heat of the consciousness force.

The proper psychic entity is not in evolution, it does support it and therefore develops a True physical, a True vital and a True mental, a Truth Being and a Lila.

The psychic entity is in the Transcendent World.

In general, the soul is often seen as a immaterial principle. In lilaca it is assumed that there is a material universe in which everything is substantial. So also the soul.

### 6.6 The psychic being

The psychic being or the person moves in the Relative World. It is The Spark which has come from the Flame of the psychic entity. Actually, it is the representative of the psychic entity in the relative world, and it also moves in an evolution process. It is a spark from the Lila, the absolute spark behind mind, life and body, the true self. This psychic being is in its core completely true.

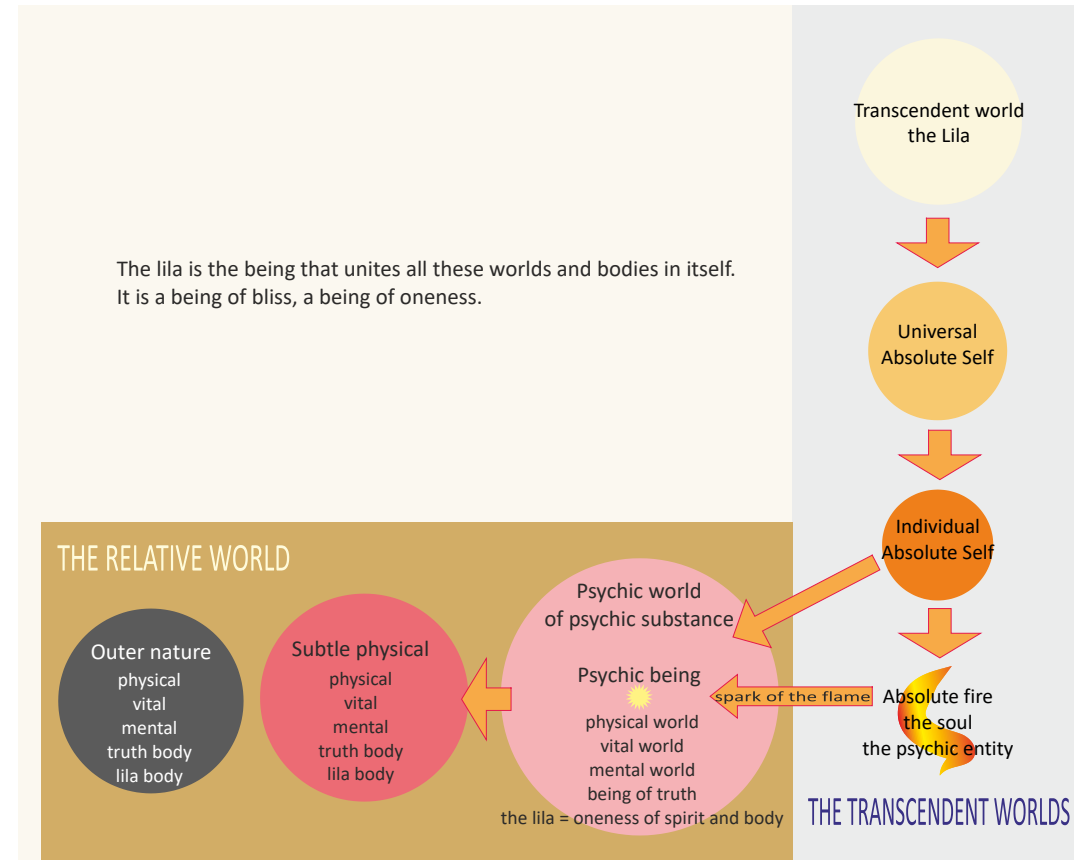


Figure 6: scheme psychic entity and being

The psychic being consists of the spark, the identity, and a psychic body with matching psychic forces.

This psychic spark of the Flame brings forth a psychic world with multiple psychic forms, like physical, vital and mental forms. They consist of psychic substance.

### **6.7 Self, the**

The self is existence, being, spirit. Self is capacity to exist. It is essential being, the Existence being.

There are billions of selves of yourself. So, when someone speaks about 'self', he will have to indicate which self he means.

- There is an individual self
- There is a central being full of selves
- There is a universal self
- There is a true self
- There is a self of every cell in the body
- There is a physical self, a vital self, a mental self
- There is also an unmanifested self
- There is a self of the nose, the eyes, the nails, and many more.

There are in fact so many sorts of selves that it is obvious one cannot just speak about a self and be rightly understood by everybody.

Yet, there is only one unique Person or Self, with a countless amount of selves. This unique Person or Self is somebody's identity.

The substance of the Self is Essential Conscious Substance. It is a substance which is highly refined and cannot be seen by the outer eye. It is clear radiation of light. A kind of daylight. So, the Self is like a crystal clear glass through which you look. It cannot be seen. Sometimes, in lila processes, the self can be perceived. Like a window with drops on, for example. Or like a form that looks like the outer body but moves freely through space.

It is not to be confused with the vital body, which also frequently moves through space when it gets a little looser from the physical matter.

### **6.8 Matter**

People live in a universe of matter. Everything that can be seen in this universe is composed of it. The sky is made of matter, the earth too. The seas are of matter, the air, the rain, the clouds, the sun, the stars and the moon. Flowers, trees, animals, corals, stones, protozoa, spiders and human bodies consist of matter.

### **6.9 The build-up of substance**

All substance or matter consists of Being, Consciousness, Consciousness Force and Joy.

There is nothing that does not consist of it. All particles consist of it. Electrons consist of it, atoms too, molecules and cells as well.

There are additionally different types of substance which can also be denoted precisely, if so required. The general term for all kinds of matter is therefore substance.

A lilaic researcher uses for the gross physical matter, the outer matter that can be seen with the outer eye, always the term matter.

The whole universe of matter both comprises the Transcendent Worlds with their airy substances, as well as the Truth World and the Relative Worlds with their more gross substances.

All these substances too are made of Being, Consciousness/Consciousness Force, Joy.

In the truth world there is the truth substance, resembling the more compact matter of the relative world. This truth substance is made of Being, Consciousness-Consciousness Force, Joy.

### 6.10 Matter is light

In the transcendent world there is light substance. Bright radiation of being is light. It is light substance or essential substance. It is Essential Conscious Substance.

Consciousness is concentrated light of Being; it is Consciousness Substance with the Conscious Energy or Force. As the light becomes less an absolute oneness light, it gets divided and it also becomes increasingly hardened and compacted.

In the truth world the light is in a state of both unity and division. The truth world is a transitional world, a world of transformation in which the spirit, the light, more and more becomes solidified light.

In this world all unity of spirit is converted into the division of the earthly worlds. It becomes relative substance. Eventually it becomes an iridescent fire full of light particles that are highly divided, the Worlds of the infinitely divided Matter. These worlds debouch in the ocean of original cosmic ignorance. There a total darkness reigns.

In the line of evolution ascending again, a process in the electrons gets off in which the light is more and more liberated again. In the lila this process has been fully completed; the light has been freed from matter. In the world of division photons and later electrons are formed, but in the physical world the first forms can be seen as atoms. All these substances still consist of Being, Consciousness/Consciousness Force, Joy, only there is no more light visible. It is locked up in the matter particles.

At the moment atoms arise, a visible physical material world has come into being in which there is no unity to be found any longer. The light has disappeared, in any case it cannot be seen any more.

The light has got completely locked up in matter. The lightening spirit and the lightening consciousness with its force have become obscure and powerless. Still, they do consist of Being, Consciousness/Consciousness Force, Joy.

## 7 Being, consciousness, joy

### 7.1 Being

Being is Self or Spirit or Essential Conscious Substance. It is the self substance of the self, which dreams itself the worlds in its own way. This dreaming is not dreaming like people do.

The Being dreams, this means it would like to see itself in billions of forms, shapes, beings and things, but then in earthly matter.

The self does not do anything. It beholds and dreams its own creative dreams about everything it would like to see of itself in the worlds of division. And the ultimate dream is to see itself in an earthly form in which it is all like itself in Its Transcendent World. Only, it then consists of earthly matter, with a body that looks just the same. A body that is all-powerful, that is immortal. That is the dream the self dreams itself and since it is a true, blissful dream, it will come true one day.

The self is the one who provides the fabric for all the substances existing in the universe and beyond. The Essential Conscious Substance lies spread out over all worlds in various states of being. It is its presence.

If there is an impetus to creation through vibration, it is its power. If there is an initial movement in this self substance, it is the beginning of a creation the self dreams itself, it is its impulse. Out of being everything is created, by its presence, by its power, by its impulse.

Mostly the self can hardly be perceived by humans. The substance is so clear, so limpidly translucent, so crystalline, that nobody sees it. That's how for most people the self is something beyond their understanding. It cannot be grasped. They cannot imagine what it is like.

The word 'self' is therefore mostly used to refer to the ego. In church the spirit is denoted as something immaterial. It also belongs to the sacred things.

In lilaca, the self, the spirit or the being is very material. The spirit is present in everything that exists, it is present even in the tiniest neutrino, in the quark, in the electron, the bosons.

The spirit is in the Transcendent Absolute of airy lightmatter, and goes from airy to more and more compact to hardened and solidified light matter.

Everything is light, the spirit as well, even in its form of elementary particle or compound particle.

## 7.2 Consciousness/consciousness force

Consciousness is light, knowledge. Consciousness is the capacity of knowledge or being aware. The Will to Know. Spiritually speaking it is the self-knowledge and the awareness of the self, of its own reality or individuality.

Consciousness in the form of light is light of energy, which determines all other forms of light.

Consciousness is also seeing.

It is the computer memory of the mental psychic being in which it stores all experiences that matter. It is mental vital in nature, so it can store in its memory the things of the mental but also of life. It can also store mental physical data from the body.

In his consciousness all creation is supported, in all its vastness, in all its stability, in all its substance.

Consciousness, however, cannot exist without the consciousness force. The two are inseparably connected to each other. The two are together the creatrix of the worlds, the power to create forms out of the self substance of being. They can also be called He and She, the Father and the Mother.

Consciousness is fiery white light, the capacity of knowledge to create forms. She is White Heat, Fire, Electricity. Being Energy She creates

the worlds; it is a conscious force that builds the bodies of all that exists, including those of the human beings, the truth beings and the lila's.

The consciousness force is the Life Energy; it is the energy, the conscious capacity to create, maintain and structure the worlds.

Everything is created by Her, through her passion, through her rhythm, through her concentration.

Consciousness Force includes all forms of force: will, energy, power, gravity, strength force.

This force is also a hidden presence in every electron. The electron is the Radiant Sun, hidden under the rock that is the human body. It is the vehicle, the body of the Consciousness Force in the worlds of Matter. The light is the vehicle of the knowledge and the power.

The consciousness force is the fire from which heat arises, from heat arises light, from light arises electricity. They are all forms of fire.

Consciousness and consciousness force are:

- Vision-Will, it is essential knowledge that takes the form of force
- Ability to be aware - the power of force
- The conscious being - energy of consciousness
- Essential Knowledge - kinetic energy, life energy

Energy centres in the subtle physical body of man are centres of consciousness.

These have not been opened yet in present man, they are obscure, black suns, unconscious.

## 7.3 Bliss

Joy is a material substance, just as being and consciousness are. All this matter is light. Being is bright radiation, consciousness is a sun of balled concentrated light of the bright radiation. It is also electricity. Bliss is the most intense light there is, full of electrical sparks. It is a more intensified light of the sun of consciousness. These three kinds



of light together play the matter play in the universe of matter in which man lives on the earth.

Joy is generally considered a temporary state in which a man can find himself. Joy is never present all the time, it is momentary.

It can also turn into sadness very quickly. It is a mood which has its seat in the emotional area of the body, in the chest.

There, joy is felt as a tingling and joyous occurrence, it makes one perceives the world differently from when one feels sadness. Sadness is also an emotion that resides in the chest. It is the human experience of joy.

In the transcendent world of Reality, Bliss is an energy, a substantial or material substance. It is the source of the infinite and eternal nuclear fusions and thermonuclear reactions, whereby the intense heat released in the process is transformed into powers of many kinds. Among other things, photosynthesis, the basis of life, originates here. Via these processes things on earth can take shape through the creative fire of the vision-will, the consciousness force which acts and creates forms or bodies.

The Bliss, also experienced as the rapture, can be seen as a very intense diamond white sun one can certainly not look into with human eyes.

This joy or bliss wouldn't be bliss if it did not consist of eternal, infinite and immortal substance of being. Bliss in this world never ceases to exist; it is a conscious substance that is the joy bliss of being. Bliss is a play of electric sparks that connects being, consciousness and joy, so that they form a oneness. These substances can be discerned in this oneness, but not separated.

These three substances, which can also show themselves as persons, allow for all creation on earth in a material universe.

#### 7.4 Joy on the different levels

Joy is a substance that can be roughly divided into:

- the earthly joy of man, the ego joy that is momentary;
- the psychic joy of the truth being, the psychic substance of joy that lasts;
- the lila joy, named bliss of the One, the person who is all that exists, the lila substance of bliss.

The earthly joy of man is usually referred to as happiness. This happiness includes the material, physical, vital and mental joy. These can be subdivided in a more exact manner as in the following row whereby different degrees of joy are distinguished:

- the cheerfulness of the mental, yellow energy or light
- the merriment of the vital, green energy or light
- the pleasure of the physical, red matter or light
- the enjoyment of the material, brown matter or light.

Moreover, there is still to distinguish:

- the joy of the psyche, the truth being, golden energy or light
- the bliss, in the cells of the lila, the instasis, the One who is all lights, white energy or light.

A human being is born with a body that contains a certain package of properties. These material properties have been chosen by the psyche, yourself, as something that offers most possibilities to experiment further on the material level. For that's what the psyche has come into matter for. Everything around you, family, acquaintances and the like, he has also chosen as the ideal situation to get on discovering how matter works.



## Keyword index

### A

- Absolute Spark . . . . . 35
- Absolute worlds . . . . . 14, 26
- Absolute Worlds . . . . . 14
  - Absolute Worlds of the Spirit . . . . . 14, 25
- Alfassa, Mira . . . . . 6

### B

- Being . . . . . 26, 41
- Bliss . . . . . 21, 43
- Body
  - gross material body . . . . . 19, 24
  - subtle physical body . . . . . 19, 20, 35, 43

### C

- Central Being . . . . . 35
- Consciousness . . . . . 26, 40, 42
- Consciousness Force . . . . . 26, 42
- Cosmos . . . . . 28

### D

- Devolution . . . . . 22, 30

### E

- Ego . . . . . 17, 19
- Electricity . . . . . 5, 43
- Electron . . . . . 30
- Energy
  - Lila Energy . . . . . 5, 6, 8, 24
- Evolution . . . . . 23, 30
  - Force of evolution . . . . . 6

### F

- Fire
  - iridescent fire . . . . . 22, 28
- Flame . . . . . 17, 25

### G

- Ghose, Aurobindo . . . . . 6
- Gnosis . . . . . 26

### H

- Heat . . . . . 5, 36, 43
  - White Heat . . . . . 42
- Herakleitos . . . . . 5
- Hostile forces . . . . . 28

### I

- Identity . . . . . 17, 38
- Immortality . . . . . 15, 16
- Impulse . . . . . 41
- Infinity . . . . . 26
- Integral Yoga . . . . . 6

### J

- Joy . . . . . 26, 43

### K

- knowledge through identity . . . . . 17

### L

- Lila, a . . . . . 24
- lilaca . . . . . 5, 7
- Lila, the . . . . . 5, 21, 24
- Llfe forces . . . . . 10

<b>M</b>	
Matter . . . . .	39
causal matter . . . . .	24
gross material matter . . . . .	33
Matter is light . . . . .	40
Mental physical, the . . . . .	10
Mental, the . . . . .	12
enlightened mental . . . . .	12
expressive mental . . . . .	12
intuitive mental . . . . .	12
Mental vital, the . . . . .	12, 42
Mind, the . . . . .	3, 5, 13, 27, 28, 30
common mind . . . . .	13
Universal Mind . . . . .	27
Mother Nature . . . . .	32

<b>N</b>	
Nothingness . . . . .	21

<b>O</b>	
Ocean	
ocean of original cosmic ignorance . . . . .	29, 40
Oneness	
oneness in diversity . . . . .	26
Outer body . . . . .	19, 20, 38
Outer nature . . . . .	35
Overmind . . . . .	12, 27, 28

<b>P</b>	
Participatory observation . . . . .	7
Physical . . . . .	10
Physical body . . . . .	10
Physics of the spirit . . . . .	7
Principle	
Mental Principle . . . . .	28, 30

Physical Principle . . . . .	28, 30
Vital Principle . . . . .	28, 30
Psyche . . . . .	15, 19
Psychic Being . . . . .	5, 15, 25
Psychic Entity . . . . .	25

## Q

## R

Relative Worlds . . . . .	35, 39
Rishis . . . . .	5

## S

Scientific thinking . . . . .	12
Self . . . . .	33
Individual Absolute Self . . . . .	25
Self, the . . . . .	38
True Self . . . . .	17, 35
Sex . . . . .	10
Soul . . . . .	36
Spark . . . . .	35, 36
Spirit . . . . .	25, 42
Spirituality . . . . .	7
Subconscious, the . . . . .	9, 10
Substance . . . . .	33, 39
Essential Conscious Substance . . . . .	38
Subtle physical . . . . .	6, 19
Supreme Reality . . . . .	21

## T

Transcendent worlds . . . . .	26
Transformation	
supramental transformation . . . . .	6
Transformation of the body's matter . . . . .	21
truth beings . . . . .	30, 43

Truth Consciousness . . . . .	26
Truth Force . . . . .	26
Truth World . . . . .	13, 26

## U

Unconscious, the . . . . .	9
Universe . . . . .	27
Unmanifested Reality . . . . .	24

## V

Vedas . . . . .	5
Veiled One . . . . .	21
Vision-Will . . . . .	12, 43
Vital body, the . . . . .	10
Vital, the emotional . . . . .	12
Vital, the higher . . . . .	10
Vital, the lower . . . . .	10
Vital, the mental . . . . .	12

## W

Worlds of matter . . . . .	28
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## X

## Y

## Z

Lilaca is not a science that has a general familiarity. Nor are the insights and concepts used commonplace. It has proved to be a quest to see how everything can be displayed in the most comprehensible way.

Nevertheless, an attempt has been made to express in the simplest possible terms something, which the mind has no conception of. Lilaca is after all beyond mental comprehension.