



Welcome to Diamond Logos Teachings in Japan

The two Diamond Logos Teachers, Emilio Mercuriali and Bhadrena Tschumi will travel from Europe to present a series of retreats to deepen into the work with Essence, which is a wonderful journey towards the essential, authentic Self.

The stream of courses start in 2018 and will comprise seven modules. Each module builds on the next and it is recommended to take the modules in sequence. There are 2 modules per year.

New members can join only after talking to the teachers and being approved to participate. Extra preparation work might be needed in order to be accepted once the course has started.

The modules are taught in retreat format, where the teachings are interwoven with the practices of meditation and self-inquiry. Participation and contribution from your experiences and discoveries will enrich the retreat. Each retreat is 4 days.

Sequence of retreats

1. Introduction to DLT, the soul child and Yellow Essence (26 - 29 July 18 Emilio)
2. DLT and the process of inquiry: Cruising the inner world (25 - 28 Oct.18 Bhadrena)
3. Red and White Essence (2019)
4. Super-ego, the nagging voices of self-criticism (2019)
5. Green and Black Essence (2020)
6. Enneagram and the fixation of the personality (2020)
7. Deep Blue and completion of Black Essence (2021)

The essential qualities are expressions of our spiritual dimension which manifest in every human being when free from psychological, mental and emotional limitations. Once these qualities are liberated, they will support you in your daily life. They will guide you towards expressing the true potential, who you really are, and not what you have become through your life history or what somebody else wants you to be.

We have put together this manual to give you some reference points. Please take time to read this introduction to the work.

Diamond Logos Teachings

The meaning of the words in “Diamond Logos Teachings”:

- **Diamond** refers to precision and accuracy
- **Logos** refers to word, the original word that brings articulation and expression
- **Teachings** refers to the guidance necessary for understanding the personality patterns that block our connection with Essence

For Faisal Muqaddam, founder of the Diamond Logos Teachings, DLT started unfolding in the 1970's after working and experimenting with various teachers and therapists from different traditions. To him, inner guidance appeared as diamonds, diamonds of light. Each diamond brought with it a domain of knowledge; knowledge that was not just intuitive, analytical, or practical, but that involved all of them. It evolved in a very precise and objective way, hence it had a *Diamond* quality. Each diamond provided knowledge and helped articulate that knowledge, hence *Logos*. Inner guidance brought a range of tools to facilitate the enfoldment of Essence, hence *Teachings*. These tools include body-based sensory work, guided meditations and self-inquiry.

DLT integrates Eastern spirituality (i.e. Buddhism, Sufism, Hinduism) with Western psychology (i.e. psychoanalysis, ego psychology, developmental psychology) and therefore encompasses a wide field of psycho-spiritual wisdom.

However, it is not a mere combination of the two and can be distinguished from both in important ways. Its major departure from Western psychology is that the teachings do not focus on *treating* or *curing* a mental disturbance, or *fixing* the problematic personality structure. Even though it contains therapeutic elements, it is not psychotherapy.

On the other hand, its major departure from traditional spirituality is that the DLT guides individuals to find their unique Essential Self, rendering the essential domain open and accessible.

This is quite different from the guidance of traditional spiritual teachings as they commonly disregard the essential domain (i.e. our unique essential self), and focus solely on the absolute domain (i.e. the divine source, where we all come from).

To the contrary, DLT does not see the worldly domain (personality, ego structure), the essential domain and the absolute domain as separate entities and argues that we can be in any of these domains at the same time.

We suffer if we fragment them as one being more real than another. Put more simply, we will suffer if we only stick to the obvious domain and disregard the hidden, but we will also suffer if we confine ourselves to the mystical, spiritual or hidden domain.

Based on this understanding, DLT encourages individuals both to participate in and to *bring* the teachings into daily life.

The Essential Map

Diamond Logos Teachings (DLT) guides the journey of the spirit from the labyrinth of the personality structure towards the essential self. Faisal likes to call it a 'journey of the spirit' rather than a 'spiritual journey', as it is a journey of discovery and exploration without a predetermined destination. DLT provides an essential map of the hidden kingdom and it is up to each individual to find the way to her unique Self. The primary aim of DLT is to support individuals to find the purpose of their Essential Self, to see why they are here in this world, and to reclaim their forgotten Essence.

DLT does not aim to teach or impose a certain world view or philosophy, nor does it aim to heal wounds or fix whatever problems an individual might be going through. Rather, the objective is to create a certain consciousness or awareness that will enable one to see her issues more objectively. As a result, suffering becomes meaningful and not just a waste of energy in the sense that it can be used as a tool to reconnect us to our True Nature.

Developing such an objective state of consciousness is accomplished by cultivating the skills necessary to differentiate our Essence from the personality structure; our True identity from the ego identity. The more one becomes conscious, the less she identifies with her "problems" and the more she is able to really look at and understand them. Once this is done, aspects of Essence will start flowing naturally, which will do the healing without any effort on her part.

What is Essence?

Essence is what we were born with and what we all were as babies. It is our True Nature, the truth of our presence, the purity of our consciousness and awareness; it is the part of us that can directly experience *I am*. Essence is our True Self in that it is independent of conditioning; not a production of the environment, but the part that completely belongs to us. As Gurdjieff puts it, "... man consists of two parts: essence and personality. Essence in man is what is his own. Personality in man is what is 'not his own.' A small child has no personality as yet. He is what he really is. He is essence. His desires, tastes, likes, dislikes, express his being such as it is."

How do we experience Essence?

Essence has a reality, which encompasses our totality. It can be experienced physically, emotionally and mentally. It can be felt, seen, tasted, smelled and even understood mentally and emotionally. To make this easier to understand, we can think of a time when we felt very happy. Happiness was not only a thought; we felt light and excited. We had positive views of life and our body was light and effervescent. We felt good and expanded. In such a case, the Yellow Essence is perceived and active.

Essence has many aspects and can be experienced as Love, Joy, Peace, Strength, Loving Kindness, etc. when we are free from blockages and resistance. However, its primary and most definitive aspect is a sense of existence. When we experience our

Essence, we are one with what we perceive. There is no need for intermediaries to become aware of our existence.

Commonly, we know that we have a separate, individuated self and that we exist as this self because we see our bodies, feel our emotions and think our thoughts. In other words, we infer our existence from our physical, emotional and mental experiences. However, when we experience Essence, we do not need to rely on these experiences to know our existence. Continuing with the same example, when we experience our Yellow Essence, our body does not only feel light, it *is* light; we do not only feel happy, we *are* happiness; we are not just curious, we *are* curiosity. As such, we are one with our body, heart and mind; with our totality. We are what we sense, feel and perceive. We know directly and with certainty that we exist.

Losing touch with Essence

Considering the fact that Essence is who we truly are, it may seem ridiculous how so many of us are not in touch with it at all. However, it is only normal as all forces in the environment act against or at best, do not support our Essence. Due to the nature of the outside societal forces—such as family, education, or religion—our essence is ignored, misunderstood, rejected or hurt. Thereby, we gradually lose different aspects of our essence from babyhood to adulthood; we bury our essence and lose our connection with it.

As we lose our connection to Essence, personality starts to develop as a compensation for the lost essence, in order to fill the resulting hole. Personality (i.e. false personality, self-concept, ego structure) can be described as a stable, enduring, and a more or less rigid structure that organizes our experience of ourselves and of the world. It is like a lens or a veil through which we try to perceive the world. Yet, being totally disconnected from our Essence, we are not even aware that a veil exists; our reality becomes the world that is under the cover of our personality. The personality structure is based on identifications, which give us our sense of identity or self. We consider our personality as our Real Self and identify with it. For example, when we say, *I am a weak person*, we are identified with weakness—we cannot see ourselves as separate from it.

It is important to understand how we lost our connection with Essence in order to find the way back Home, back to our True Nature. In this journey, personality will at times act as an antagonist because the Essence, when reconnected, will expose personality's falsehood and superficiality. That is not to say that personality is our enemy and that we have to fight or annihilate it. It is crucial to remember that personality developed to support our survival in an environment that was very harsh towards our Essence. And it served us for a while. Thus, our aim is not to change or correct our personality. Rather the aim is to objectively see the personality for what it is, to see that it is the servant and not the master, and to understand that it is not our True Nature. As we are able to disidentify from the false personality, Essence will start to blossom and transformation will start to happen spontaneously.

Theory of Holes

The teachings are based on the main idea that our suffering results from losing connection with our Essence and with the reality we live in. According to the Theory of Holes, an important component of DLT, we lose our connection with certain aspects of our Essence as a result of traumatic events or conflicts with the environment. The loss of connection with Essence is perceived as holes, as the absence of aliveness, confidence, and spontaneity. Thus, to compensate for this absence, we develop the ego structure. The personality structure tries to fill these holes with psychological material (memories, hurts, and conflicts) and compensate by imitating the lost qualities. Put in other words, the rigid personality structure, unconscious patterns, and limited belief systems develop as a coping mechanism, out of losing touch with Essence. For instance, we might have lost connection with our Essential quality of Will as a result of being stonewalled by our parents whenever we wanted to do something on our own. Losing this connection, we may develop stubbornness to protect ourselves from the absence of Will.

It is important here to remember that losing touch with Essence and developing the personality is a natural process and will take place even if we grow up in a very healthy environment. Our external environment, by its very nature, is dominated by the personality structure, and thus, will not be able to fully address the needs of our Essence. There is nothing intrinsically bad or erroneous about this. To the contrary, developing the ego structure is a healthy process, and the ego structure that developed out of the absence of Essence served us and will continue to serve us in our journey towards remembering our Essence. For example, we may have learned five languages, received the best grades, or tried to be the best mother in an effort to not feel our holes. If it weren't for these holes, we may never have learned to do these things. And now, all the skills and qualities we have cultivated, support us in living our daily lives as well as in our Essential journey.

The aim of DLT is to become aware of these holes, and how we fill them up, with objectivity and openness, without judgment. The important idea here is that once we stop defending against or resisting our holes and understand the history of how we lost contact with our Essence, the Essence will start flowing spontaneously. That is to say, even if the aim is not to correct or to cure, some corrections and healing will come naturally as we see our fake personality for what it is. Remembering our authentic self will effortlessly heal our connection to ourselves, to the universe and to the divine source that we all come from. That is, the Essence will heal our wounded, alienated and lost state.

What are the Lataif?

Faisal Muqaddam, a Kuwaiti psycho-spiritual teacher and the founder of the Diamond Logos Teachings, likens Essence to the oil in an oil lamp, and the Lataif to the mist that flows up the wick as the flame burns. The nature of Lataif is delicate and subtle, but at the same time substantial like moisture.

The Lataif are qualities, forms of consciousness, or centers that are the first subtle or fine manifestations of Essence. The word Lataif (singular: Latifa) comes from Arabic and is defined as subtle energy. The Lataif system is adapted from the Sufi tradition by Faisal Muqaddam, using language that speaks to our time.

Within the Sufi tradition, it is generally agreed that there are five primary centers of perception (Lataif) associated with certain colors and locations in the body.

Lataif are best described as the beginning experiences of some of the basic aspects of Essence. For example, the White Latifa is the beginning of true will, of inner support and solidity, of effortless action, of confidence that emerges when we are in touch with our Essence.

Each Latifa serves the function of a door or entry into the dimension of Essence. When the Lataif are activated and the subtle body opens up, we feel more in touch with reality, more in touch with our Essence and less with the mind and preoccupations. During this process, certain parts of the personality that acted as substitutes for the lost aspects of Essence will come to the surface, to be confronted and perceived objectively. This will, in turn, lead to the transformation of the rigid personality structure.

Description of the Retreats

1. Introduction to DLT, the soul child and Yellow Essence The Yellow - Joy and curiosity

Essence is a spontaneous expression of our deepest nature that manifests in our Soul. Some of the Essential manifestations are Joy, Strength, Will, Compassion and Peace.

The Soul is palpable, it is not a concept, it is the field of our individual consciousness and experience. The soul is a sensitive organ that gets shaped by the impressions left by the experiences of life. Impressions over time form grooves in the soul e.g. habitual reactions and patterned responses which limits spontaneity and the free flow of essence. We can say that we are born as pure essence and with time as we continue being shaped by experiences we form a personality structure. This is a necessity, a great psychological achievement but it also corresponds with the loss of spontaneity and to a limited connection with our Essence.

Structures (personality) in our soul are representations (ideas, feelings and sensations) of “self”, who we are, “other” and the “effect” of the relationship between the two (object relationships units), the super-ego and the soul-child.

Structures in general are stuck and repetitive, defensive and reactive, not in sync with reality. Our Essence is spontaneous, open and dynamic.

2. DLT and the process of inquiry: Cruising the inner world The process of inquiry is the main method of DLT and allows to discover the inner world.

The process of inquiry is at the heart of Diamond Logos Teachings (DLT). The act of inquiring is the very process that allows us to get to oneself on an essential level.

Inquiry is a moment by moment process of inquiring, examining, exploring, probing, researching, investigating, questioning, searching, studying... any and every aspect of one's inner world.

The process of inquiry is the true guidance for the inner journey.

Inquiring is an active way to find out more about the inner world, the inner workings, the feelings and sensations present in the Here and Now.

One of the wonderful things about inquiry is that you can inquire into anything, any problem, any issue, any question you might have, even into inquiry itself. Inquiry is cruising in the inner world. Anything we encounter can be known more and more deeply. You are free, when you inquire. The freedom comes from inner movement and inner connection. You can never get stuck in yourself, when you are inquiring, you cannot get cornered, you cannot get lost, for anything that you find, you can inquire into it.

Whenever you might feel lost and don't know further, you can inquire into this moment of feeling lost. You can ask, “How does this feel? What can I discover

about it? How do I feel? What is this space of being lost like? Do I know it? Does it feel familiar? How do I recognize it? What is the body sensation of lostness?" You can always ask a question. There is no end to inquiry, it is endless with eternal possibilities and opens space and potential.

3. Red and White Essence **Red brings strength and courage, white manifests will and self-confidence**

The Red Latifa is giving us the capacity and the courage to let go of the old ways of being, our habitual self, and move forward into life as a new adventure. The Red is the quality that supports the expression of our individuality and freedom. It allows us to separate from the unconscious ties to mother, put healthy boundaries and express ourselves in an authentic way. When this quality is not flowing freely because of psychological issues we can experience a lack of energy and vitality and difficulties with anger and self assertion.

The White Latifa, our Will, allows us to continue our walk in direction of truth when things become more difficult, when we need to keep going, to apply ourselves and persevere. It lets us understand the hidden power of habitual tendencies and the feeling of deficiency that are at the core of the ego structure. It does that by grounding us into the present, in reality, in the here and now.

4. Super-ego, the nagging voices of self-criticism **Getting to know the Super-Ego gives more space and freedom**

The super ego is a necessary part of the ego structure. We need the super ego in our life. It provides moral and ethical standards by which the ego operates. Often though the super ego acts in an infantile way and tortures us. Therefore it also has many names and is sometimes called the inner critic, the inner judge, which admonish, prohibit and tell us off.

"I should be different", "If only I would have said..."

The workings of the SE are often unconscious and create a lot of pain and suffering.

The SE keeps us in check, limits our experience, destroys our dreams and prevents us from moving beyond our limitations. It hinders us to express more of who we are and towards our essential being.

The Diamond Logos Teachings helps to identify, understand and disengage from this critical inner voice. It enables us to access our inner essential world beyond the limitations of the early learned behavior. Working with the SE brings us on a path of inner freedom.

5. Green and Black Essence

Green - Compassion and loving kindness

Black - Peace and Power

The Black gives us personal power, the inner stand of dignity for who we really are. It exposes ego identity and inner activities that are perpetuating the personality structure. It brings awareness to negative activities and distorted emotions of hatred and control.

The Green Essence gives us the capacity to stay with our emotional hurt by releasing a healing nectar. It brings a compassionate understanding to the ego structure and the hurts caused by our superego. It has the gentle power to bring us back in touch with our heart, we are not afraid of being hurt anymore because we know that we can heal and open up again.

6. Enneagram and the fixation of the personality

The Enneagram of is a system of studying personality structures.

It teaches a model to comprehend the human psyche, which is used in DLT to excavate a deeper understanding of oneself.

It gives space to have an appreciation of one's own personality and develop compassion for one's own challenges and patterns in life.

The view on the higher uses of the enneagram in DLT is in accordance with the developers Ichazo and Naranjo. They introduce the Enneagram as a means for self-observation and study as part of the larger work of spiritual realization.

There are 9 ennea-types, which express a specific loss of contact with Being, our essential nature, and in so doing, shows that the true value of this knowledge is to help us to reestablish this contact.

7. Deep Blue and completion of Black Essence

The Black is the Essence of Peace, inner stillness and personal power. It has the capacity to bring our busy mind to a state of silence and peace. Our ego activity comes to an halt and our mind becomes like a clear conscious mirror shining with awareness. Our mind activity than becomes that on inquiry rather than perpetuation of the ego identity.

The deep blue allows us to rest into Being, to surrender and trust that our essence will be doing when it is needed. The ego has a deep belief that if it is not doing or effort nothing will happen. Here we let go of all ego activity and let go into a state of deep relaxation.

Natural Great Peace

Rest in natural great peace

This exhausted mind beaten helpless by karma and neurotic thought,
Like the relentless fury of the pounding waves in the infinite ocean of Samsara.

by Sogyal Rinpoche

Meet the teachers

Emilio Mercuriali



Born and raised in Italy, during the past 25 years he has lived in the UK and Australia. He is currently living in Istanbul where he established Diamond Logos Turkey. He has worked with Faisal Muqaddam and trained as a teacher since 1999. His spiritual journey started with Osho at the age of 17. He has been studying the works of Maurice Nicoll (Fourth Way) and various psychological approaches.

www.essenceofself.net

being@mutank.com

Bhadrena Tschumi



Bhadrena has been working in the field of Human Growth and Healing Arts as a therapist and teacher since 1976. Born in Switzerland, she was educated as a teacher and psychologist, lived and trained in the USA and worked in Osho's Communes for over 30 years. Her work has been informed by the early Human Potential Movement, Gestalt Therapy and Body-centered Psychotherapy and later by Craniosacral Biodynamics, Trauma Resolution and Systems-Centered Therapy. Since 1996 she got trained by Faisal Muqaddam and is a senior teacher for Diamond Logos Teachings, which is at the heart of her work and all her approaches.

bhadrena@icsb.ch

www.icsb.ch