



**Filaments of Light (Draden van licht)  
door Don Americo Yabar**

"Let's imagine ourselves like filaments, just filaments of light, just that. These filaments are going directly into the beak of the great eagle of the universe. We are nothing else but filaments of light that are feeding the great consciousness of the universe. When we arrive at this state of consciousness --superior, different, and with humility, -- then we can vision these filaments. And if we can finally vision these filaments and acquire this experience with our energy body, we become just like children sitting in the lap of a great mother, which is the Pachamama."

"What is the cosmovision of the Andean people? The Andes is filled with spirits. All the Andean world is populated by spirits, making clear that 'spirit' is a subtle and vital energy that warms life and taking into account that the being of the universe is life. LIFE! Everything has spirit. The water has a spirit, the mountain has a spirit, the stars have spirits, the wind, the father sun, the mother moon, all have spirits. And, do you know, they are families just like us! And they all have a participation in the real world. We are all implicated in Reality."

"Consciousness is not born, it never grows up, never gets old and it never dies. It is perpetual and eternal. We already know that the body gets born, grows up, does a lot of things ... and then it dies. But not consciousness. That's why in all the ancient traditions 'awakening to consciousness' is getting connected with the feeling of the eternal and of the transcendental This is the most important part of all this work. Because all the things we talk about, all the learnings we achieve, all the things that we do. . . the wind will take away. . like the leaves of autumn."

"Once on a mountain, there were some old shamans telling each other the future in the leaves of the coca. All of a sudden one of them was bringing down the spirit and when the others raised their heads everything was shiny, brilliant. What had happened? He had brought down the spirit. When you bring down the spirit, you fill yourself with light. We are nothing else but light. It is the light that is in command of the energy . . of the energy of the birth of the self to which you are both father and mother."

"To simplify, man is like a car battery. He gets discharged and he gets recharged. You lose your charge in everyday life. Routine domesticated life is a constant discharge of energy. Then you have to look to your places of power. You have to pay attention to the development of your own being. How can you develop your states of consciousness if you are dedicating more time to your neuroses than to your own life force energy? How much time do you pay attention to your anxiety, to your personal importance, to your internal dialog and your preoccupations? Who is feeding the eagle and the wolf and the mountain lion within you?"