

A LIFE
EXPANDED

CARE STIETOTUL

(1300-1366)

The Little Book of

T R U T H

&

The Little Book of

**E T E R N A L
W I S D O M**

edited by

LILLI HARTMANN

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CARE STIETOTUL was a Romanian mystic*, born in the region of Moldavia, in Atlantyda on Lake Tal'antys, certainly on the 21st of March, perhaps between 1295 and 1297, or c.1300. Sometimes also called Alltid'alla (Immer Schon in German), a name he adopted in his writings, Care Stie Totul died at Ulmu Mic on the 25th January of 1366.

Stie Totul wrote the story of his inner life (generally referred to as *The Little Book of Truth*) and revised the *The Little Book of Eternal Wisdom* (Cartea înțelepciunii eterne). At some point during his later years, around 1361-3, he published these works, together with eleven of his letters. The collection of drawings on view are original illustrations from both of these works.

One of the main principles in his practice and teaching was: to die, before you die.

In order to do do this, the drive of the 'lower soul', the 'tyrannical ego' (an-nafs al-ammara) has to be fought in such a way that it can transform into positive characteristics. In this way, different stations are overcome, the highest of all being 'pure soul' (an-nafs al-safiya).

Mysticism, as Stie Totul understood it, means to possess nothing and to not be possessed by anything. Another very important aspect in his teachings is that truth cannot be intellectually comprehended, but has to be experienced. In the book *Philosophia Perennis* by Maren Mitshliebeskind, the following principles of Stie Totul's work are schematically described:

*Mysticism (Greek: μυστικός mystikós; mysterious) is the pursuit of communion with, or identity with, or conscious awareness of, an ultimate reality, divinity, spiritual truth, or God, through direct experience, intuition, instinct, and insight. Mysticism usually revolves around practices intended to nurture those experiences.

Many mystics believe that you can find fundamental truth in every religion, and that all religions are the same in their essence. Hence mysticism isn't bound to any religion but stands aside and free of it.

*Never obey anyone's command unless it also comes
from within you.*

There is no God other than life itself.

Truth is within you, do not search for it elsewhere.

Love is prayer.

To become nothingness is the door to truth.

Life is here and now.

Live wakefully.

Do not swim—float.

Die each moment so that you can be new each moment.

That which is, is. Stop and see.

AXIS MUNDI



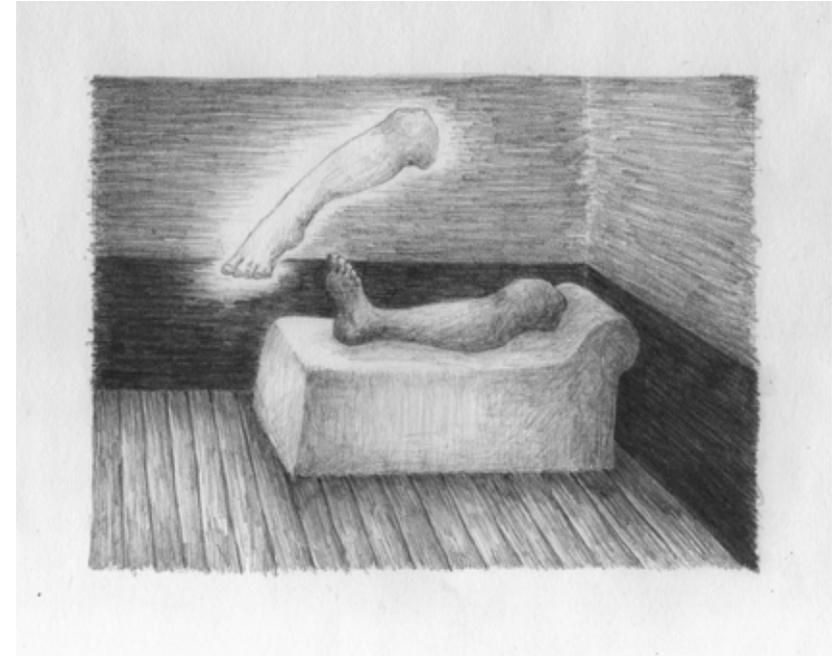
ATLANTYDA (Moldavija) is most likely the place where Stie Totul was born. At a distance of approximately twelve kilometres lies the valley of Tsunk, which is home to one of the oldest trees in the world, Sarv-e Abarkuh (*Pinus longaeva*). Already during Totul's infant years, this tree was worshipped as a sacred axis mundi (also: cosmic axis, world axis, world pillar, columna cerului, center of the world, world tree). To this day, this tree represents the connection between Heaven and Earth. Trees unite in three planes: the sky (branches), the earth (trunk), and the underworld (roots). In this sense, they serve as a bridge between these worlds. Furthermore, they are in themselves mirrored, and hence tilt gravity on its head inasmuch as the common perception of what is top and bottom becomes confused. Totul is believed to have had his first visions aged four, whilst sitting under this tree, although in his later teachings he always emphasized the importance of the spot one occupies as being the center of the world. With this claim he intended to counteract the common inclination to worship places and objects instead of life itself.

ASTRAL JOURNEY

ASTRÁLNÍ CESTOVÁNÍ (astral journey) is the journey of the astral body (an intermediate body of light linking the soul and the physical body). On this journey, the astral body leaves the physical one to move on to the astral plane, which is an intermediate world of light between Heaven and Earth made up of the spheres of the planets and stars.

This journey can be achieved consciously, but also by chance. It commonly occurs when falling asleep, without losing wakefulness, or by waking up mentally but not physically. It can also be achieved through the practice of lucid dreaming.

Already during his childhood years, Stie Totul had involuntary out-of-body experiences, followed by astral journeys that, as he tells in his diaries, frightened him to death, as he believed they were signs of an impending insanity. One day he spoke about this with Hlavní Most, his philosophy teacher, who would later become his spiritual guide. Most explained that these experiences, if used correctly, were actually an extraordinary gift.



TAGUNA



WHEN HE WAS 16 years old, Stie Totul decided to leave his parental home and move to a cave at the foot of mount Grszck. For the next ten years, this cave became his new home. The cave interiors were very sparse. He slept on the floor, and an open fire kept him warm and scared off the wolves at night. One of the cave walls had a small niche in it, which served as his home altar. He called it Taguna. For many hours every day Taguna became the focus of his meditations. 'Ta', stands for all the qualities associated with the darker and unknown realms of life. 'Guna' refers to the supreme energy of dissolution. Psychology and science state that only a very small percentage of the Universe is conscious. The remaining percentage is still subconscious or unconscious. These unknown realms contain all the mysteries of life. Since man's knowledge about life is very limited and he remains in the dark about most of it, it is represented by the colour black which is associated with 'Ta'. 'Ta' is the basic source of all that is mystical and unknown to man. 'Guna' on the other hand is the energy required to overcome matter and death itself.

CHLUPATÉ SRDCE

IN SEVERAL of his personal notebooks, Totul mentions his mother Karina Totul Srdce.

[...] everything seemed foreign to her, [...] in her face I could see untenable feelings arise and disappear again but they never left a mark in her conduct nor soul. [...]

From a contemporary psychological perspective, Totul's mother must have suffered from 'Alexithymia', a dimensional personality disorder that varies in severity from person to person. Alexithymia is defined by the difficulty of identifying feelings and distinguishing between feelings as well as the bodily sensations of emotional arousal. People suffering from it, have difficulties in describing their feelings to other people due to a constricted imaginal processes, as evidenced by a scarcity of imagination. Those who have Alexithymia also report very logical and realistic dreams, such as going to buy something or eating a meal. Undoubtedly Stie Totul must have suffered from being raised by a mother unable to experience and neither express concrete feelings of any kind. Totul crafted this 'ex voto' in his youth. It is believed, that Karina Totul Srdce was healed afterwards.



EX VOTO ~1309
clay, human hair

CER'S TOOTH



~1328
bread, saliva
Made in Erdély, Transylvania

THE WORD 'CER' is taken from the Romanian Bolgato (an extensive collection of Romanian folklore and myth, dating back to 4th century B.C). It means heaven, sky, bringer of dawn, or as an adjective, light-bringing. Cer is a trickster figure and like in many native traditions, clowns and tricksters were essential to achieve any contact with the sacred. People could not pray until they had laughed, because laughter opens and frees us from rigid preconception. Humans had to have tricksters within the most sacred ceremonies, for fear that they would forget that the sacred comes through being upset, through reversal and surprise. The trickster in most native traditions is essential to creation and to birth.

Cer, who is eternally lusting after her. with Cer, who is eternally lusting after her. In a fit of rage she hits him with a tree directly in the face, whereupon he loses all his teeth. Later, after seeing his toothless smile, she takes pity on him and gives him a new set of teeth, all of which are made out of bread.

SPEAK NOT WHAT YOU THINK

APART FROM BEING a versatile draughtsman, Stie Totul also crafted a number of small scale objects in his lifetime, of which only very few have survived. In his *Little book of eternal wisdom*, chapter 9: 'Evil weighs 61%, Good 26%, the rest is Atrophy', which consists of nine letters to Mala Kin Jov (a fellow mystic from Mesopotamia) he explains about the visions he had during his years at the tree hermitage in Sibiu, Transylvania. Two objects on display date back to this period.

excerpt from his third letter to Jov:

[...] and I heard my voice say: speak not what you think, for your thoughts are useless when they have not travelled through your heart. If you have not felt and experienced something, you can not understand it and hence can not talk of it! So remain silent.

Thoughts alone are vacant and directionless if they do not root in true compassion. To convince and persuade with intelligence and wit will not make you climb a mountain, you will merely stay at its foot entertaining the crowd. Long for mush, instead of falsely blinding clarity! Let me hear the silent truth raising from your depth, leave these words one by one behind on your way to the surface, to the light. Take a fresh breath, all speechless!



~1330
soap carving of human tongue, loan from
the 'Ethnographic Museum of Moldavia'

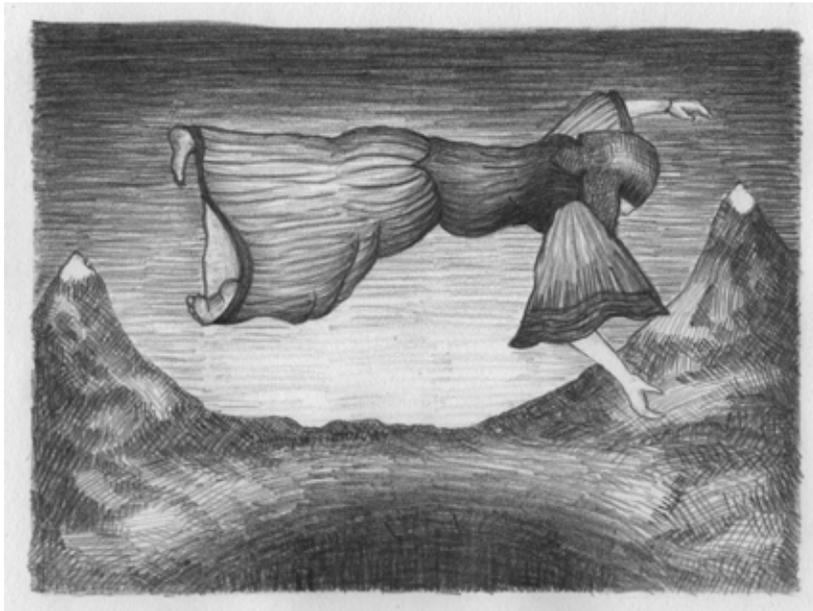


~1333

This drawing was the cover illustration for
the first edition of *the Little Book of Truth*.

TURIYA

Excerpt from *Little Book of Eternal Wisdom*
(Cartea înțelepciunii eterne)



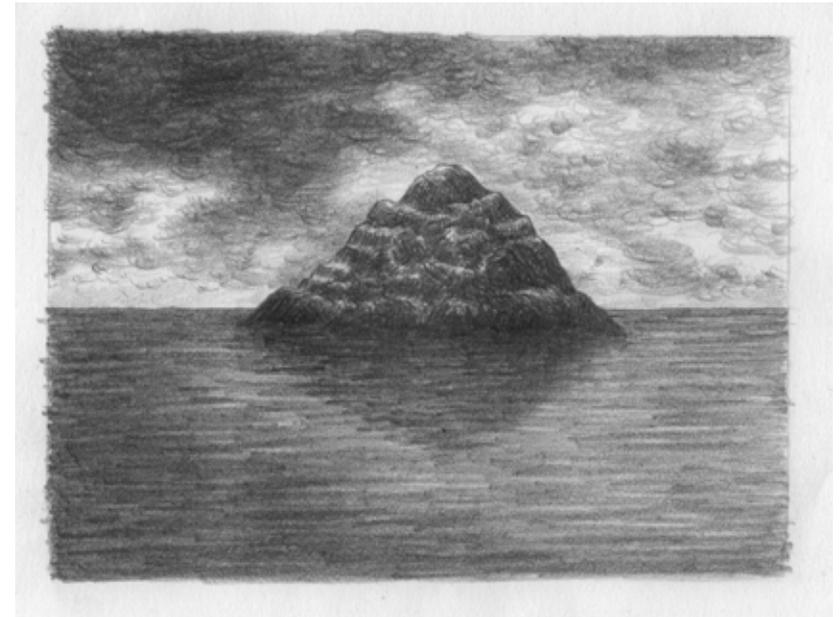
[...] I call the experience of pure consciousness Turiya. It is the what underlies and transcends the three common states of consciousness: waking consciousness, dreaming, and dreamless sleep. Many of you are only partially conscious due to the character of your untrained mind and the influences of lower impulses and preoccupations. You are asleep to reality even when you go about your daily business. [...] In a Turiya state you will experience an ultimate reality, a state of total vision, a consciousness in which attention is improved, refined, and enhanced, where aspects of the mind such as thought and perception are transcended. It is a higher level of consciousness relative to ordinary consciousness, in the sense that a greater awareness of reality is achieved. [...]

SKY MADE OF STONE

THE MYTH OF THE STONE SKY is probably the oldest written document that speaks of the religious significance of the stone as such. In Proto-Romanian (also româna comună, Ancient Romanian, or străromâna), the words for 'sky' and 'stone' are identical 'asman'.

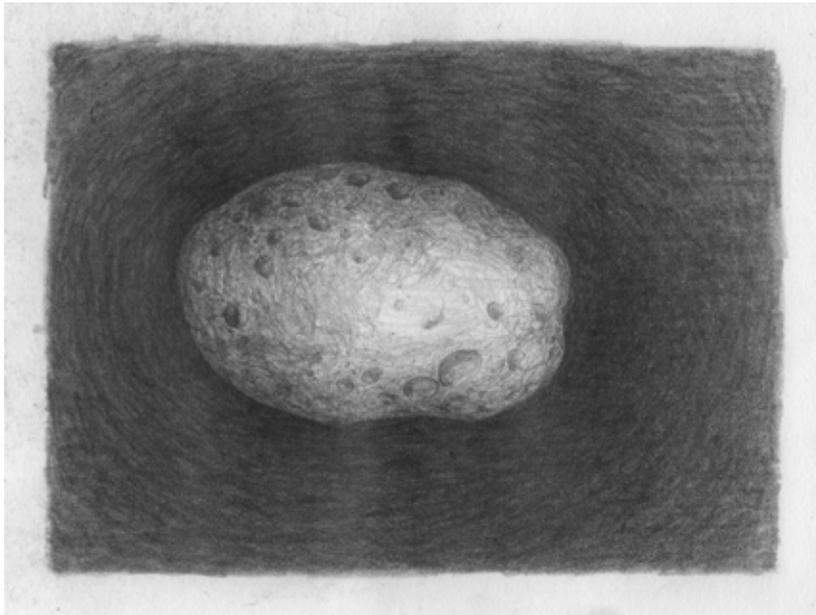
Linguists and historians alike consider that 8,500 years ago, Romania was the heart of the old European civilization, a claim that has recently been supported by a number of archeological discoveries from Tartaria (Romania). The findings were of written plates (older than the Sumerian ones), the deciphering of which revealed that the worldview at the time was: "the world inhabited by humans is a great cave inside the stone sky", an idea that was most probably influenced by the discovery of fallen meteorites.

Stie Totul very skillfully reinterpreted this common belief in his writings. He stressed the symbolic meaning of stones, epitomizing non-being in themselves, which can be equated with eternity. He claimed that stones of any shape and size are proof of heaven on earth. Ultimately, this idea signifies **oneness**, in the 'here and now', and the 'hereafter'.



GOD

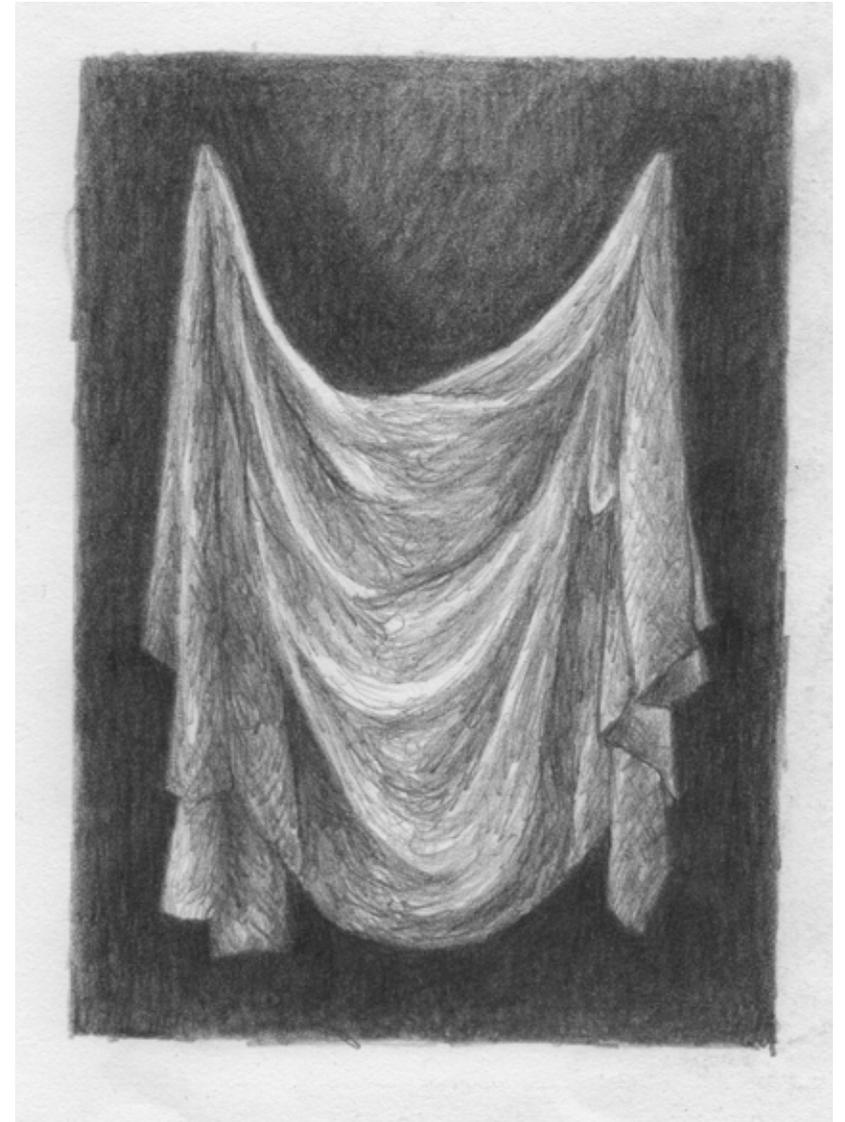
EXCERPT FROM CHAPTER 5.1 MATERIAL INDIFFERENCE (*LITTLE BOOK OF TRUTH*)

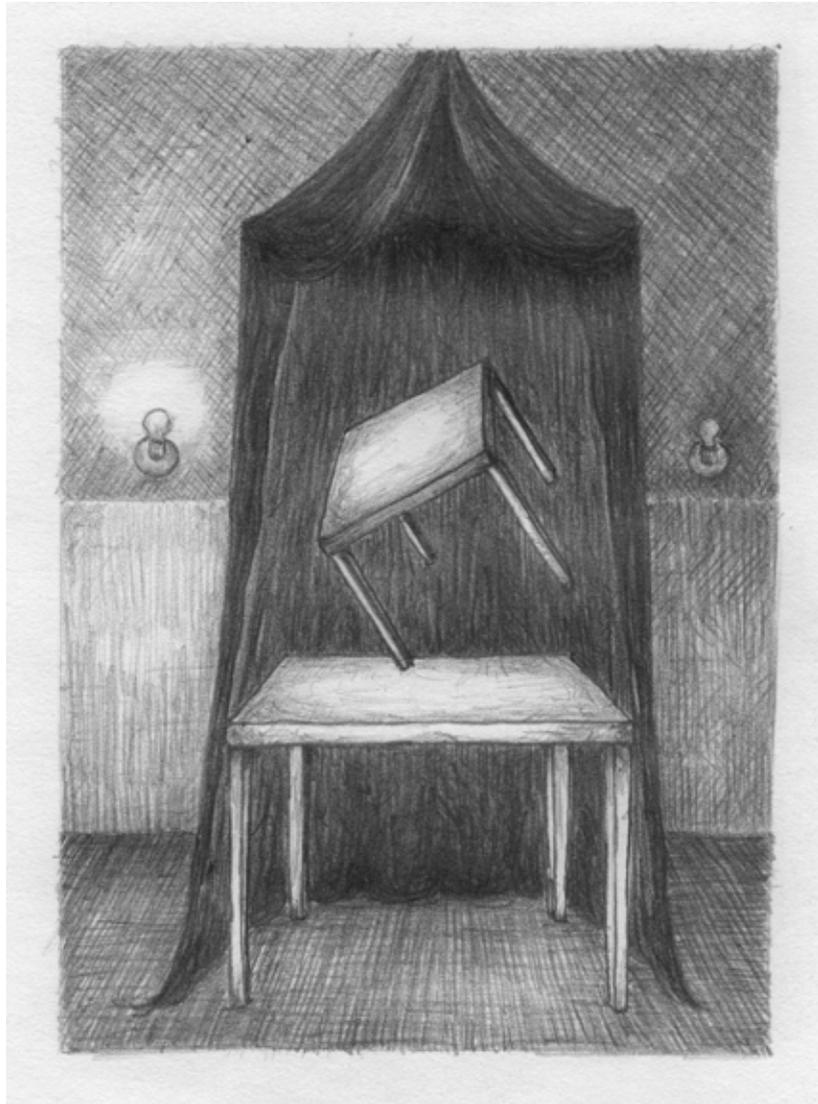


[...] *GOD IS* an intelligent ball, whose centre is everywhere and whose circumference nowhere. [...] The universe is built after him. [...] Upon studying Jupiter, the wooden star, I found out that he had a secret companion [...] Jupiter and his secret companion, which revolves around his inner hemisphere, are a union like no other in the Milky Way. The small companion Xx4-'cc is actually a piece of moon (its second moon from the left, 'Kartoffolie') that broke off when a meteorite impacted severely on Jupiter's surface. Curiously, this moon piece always stays in the same position and distance, in a blind spot (north, north west $7/5,2$ cel). Its shape and consistency is much like that of a potato [...] Macropsia in its perfection.

NAMBIA SUPERNOVA

THE FEMALE SAINT Nambia Supernova (~1320-1354 Belarus) and Stie Totul first met on a pilgrimage to Homyel. Supernovas' inquisitive nature, and her studies of the Milky Way and beyond fascinated Totul very much, and they remained lifelong friends. Nambia Supernova discovered the phenomena that takes place during a stars' dying process. Only in 1940 was she finally given credit for her discovery by the Catholic Union of the NASA, which then named this phenomena after her, Supernova (plural: Supernovae). A Supernova is the rapid illumination process of a star at the end of its lifetime due to an enormous explosion that exterminates the star itself. This stellar dying process causes a burst of radiation that can often outshine an entire galaxy, with an energy equivalent to that emitted by the Sun over its entire lifespan. Through countless efforts Nambia Supernova managed to gather particle remnants of such an ultimate stellar explosion in a specially woven cloth. Over the centuries these stardust particles have merged with the fabric, forming an almost rock-like surface. This 'star dust cloth' is now kept in the royal chapel of the Cathedral of Saint John the Baptist in Turin (Sudarium of Oviedo). The drawing depicts the cloth as Stie Totul encountered it on one of his visits to Nambia's observatory.





JOURNEYS OF THE SOUL – BECOMING AGAIN

IN CHAPTER 6 of ‘Journeys of the soul - becoming again’, Stie Totul recounts a dream* in the form of a song:

*I was a table
Body, legs and arms firm on the ground
Then
I became a table again
Nimble-footed resting on a body
Finally
No more body
Only air*

*This dream refers to his intense practice of Levitation, a practice he perfected throughout his lifetime, from which he distinguished three different states: hopping, floating and flying.

TIME DOES NOT EXIST

*THE CLAIM "time does not exist", almost cost Stie Totul his life. He dedicated three chapters of his *Little book of eternal wisdom* (Cartea înțelepciunii eterne) to this topic (chapter10: Simultaneity; chapter 11: Non-directional Time; chapter12: Timelessness) and held countless public speeches about it. In one of the latter, he was arrested by local authorities who accused him of blasphemy and sedition. He escaped the death sentence by a hair's breadth and was instead expelled from the country for life. Chapter12 *Simultaneity* excerpt:*

[...] Your perception of the nature of time is wrong. Time, as you experience it, is an illusion created by your senses, which force you to perceive sequences of events in chronological order, but this is not the true nature of these sequences of events. Your senses can only perceive reality in small portions, and it seems to you as if only one moment existed and then ceased to exist forever, then a new moment happens, which later disappears like the previous one. But everything in this universe exists simultaneously. The first words ever uttered still echo through the universe and the last word, which you believe will be spoken one day, has already been said. There is no beginning (and no end could be added), it is your very perception that is limited. [...] There is neither present, nor past, nor future. They only exist for those who live in a three dimensional reality [...].



CARE STIE TOTUL TRANSFORMARE RELICVĂ (TRANSFORMATION RELIC)

IN VERY RARE cases body relics will go through a special transformation process called

'Piatrăvoiuță'. During this process the remaining body parts (hair, bones, etc.) transform into stone over a period of seven days. The relics transform into a broad variety of types and shapes of stones. The stages of a 'Transformare relicvă Piatrăvoiuță' process are indicated below:

1. Natural bone
2. Relic arising from natural bone
3. Increase in size
4. The transformation is completed

Very often, Transformare relicvă can themselves perform wonders such as increasing and decreasing in size, becoming lighter, glowing in the dark, flying around their container, flying in all directions, and transforming into various shapes.

In the case of Stie Totul's relics, the wonderful relic transformation took place a year after his death.



*“Eventually, wood, man, and
oceans become one swaying being.”*

Care Stie Totul

THE MYSTICAL EXPERIENCE

by Gad Lund-Meyerscheen, OBE PhD FRCP
FRCPsych.

Gad Lund-Meyerscheen specialises in research and treatment of Addictive Disorders and Dependence at the Bethlem Royal Hospital (Maudsley Foundation Trust), London. He is currently the director of the Addictive Disorders and Dependence Unit and Professor of Psychiatry at the Institute of Psychiatry, King's College London. In early 2013 he was awarded Officer of the Order of the British Empire (OBE) for Services to People with Addictive Disorders and Dependence.

In my work as a physician specializing in the treatment of addictive disorders, I encountered about 20 years ago the healing potion Ayahuasca that is used in the Amazon. This brew, used by indigenous tribes, has proven to be a successful remedy for western patients, in the treatment of addictions and mental illness.

The taking of Ayahuasca causes visions, hallucinations and the patient is mostly confronted with traumatic experiences and primal fears. Living through these fears in an Ayahuasca trance leads to their clarification and resolution. Furthermore profound

mystical experiences are encountered, which result in the experience of deep connectedness, security and safety.

Although a healing approach by means of hallucinogenic plants is critically considered in western medicine, altered states of consciousness and mystical experiences are a well-known phenomenon in all cultures. It refers to a state that transcends everyday consciousness and enables a special intuitive non-communicable insight about the nature of reality- a sort of realization that shifts consciousness from a subjective-relative to an objective-absolute level.

Astonishingly, this realization experienced as objective-absolute, is one that is almost identical in all cultures. According to Ben Kilwer (sociology, philosophy and anthropology, PhD CPH), this particular state of being can be structured into the following three categories:

1) Subtle Experiences

Subtle Experiences consist of delicate images and sensations that emerge, when the so called 'louder' and 'harsher' mental contents are silenced. These experiences can have an amorphous, as well as a clear-shaped appearance.

2) Causal experiences

In the causal experience, the field of consciousness is free of any objects. Only consciousness itself remains, but not as a consciousness 'of something' but as undiluted pure consciousness, which is similar

to unmanifested space that contains no more phenomena.

3) Absolute Experiences

The absolute experience is not another step, but the *conditio sine qua non* of all phenomena. Here the mind recognises all phenomena that appear as mere creations of the mind. At this level, one recognises that consciousness permeates all other levels, that it manifests in them and is actually identical with them.

If the mystical experience ought to be located physiologically, the physical basis for these types of altered states of consciousness, is the so-called pineal gland in the centre of the brain. The pineal gland is a small cone-shaped organ the size of a grain of rice, which is in our otherwise bisected brain, the only singular organ. One of its tasks is to convert serotonin, produced during the day into melatonin at night, in order to coordinate the sleep-wake rhythm. Moreover it produces dimethyltryptamine (DMT). This tryptamine alkaloid, which is the main active ingredient of the Ayahuasca potion, can be found in trace amounts in almost all living organisms. The pineal gland releases dimethyltryptamine during mystic-spiritual experiences, as well as during birth and death.

Many spiritual practices use methods to activate this gland and René Descartes described it as the „seat of the soul“. By means of ingesting hallucinogenic plants, Shamans in South America

and Africa introduce DMT to the body from the outside. Indian yogis practice the „meditation of the third eye“ and the technique of „sun gazing“, whereas other religions use dark room retreats, which help the body on a biochemical level to produce DMT on its own.

It is very likely that mystical experiences and altered states of consciousness have facilitated the development of human consciousness as such. Scientists assume that primitive man could only develop an awareness of self, by eating plants with psychoactive ingredients, initially by accident and later on purpose. His initial very limited perception was altered through taking such plants and he acquired the ability of self-knowledge.

Although mystical experiences seem to be far away from the normal everyday state for western man, all people do know altered states of consciousness and experience them on a regular basis. We know, apart from our state of wakefulness, also the changes of consciousness experienced during sleep and dream state. Many have also experienced mental changes that occur during periods of fatigue or in high stress situations, nowadays a lot of people practice Yoga and meditation and all of us have experienced birth and will go through the experience of death one day.

Even if we are aware of the fact that our normal consciousness is capable of making up stories, constructing aircrafts and leading wars, we are nevertheless incapable of universally penetrating the existential correlations of life, birth and death.

In my work as a doctor I have learnt that the lack of a deeper understanding of our existence results

in fears, which in turn are the basic condition for all addictive disorders. Pleasure is always derived from something outside, whereas joy arises from within. Due to a lack of connection, unity and belonging with a greater whole, illness and addiction arise and only the mystical experience of unity can lead to healing.

To recognize one's own insanity is, of course, the arising of sanity, the beginning of healing and transcendence. The earth's population will soon recognize, if they haven't already done so, that humanity is now faced with a stark choice: Evolve or die.

I wish to personally thank Dr. Gad Lund-
Meyerscheen, Nath Lea Trishnamtrah and Prof.
Loz Merlo for their contributions and advice.

