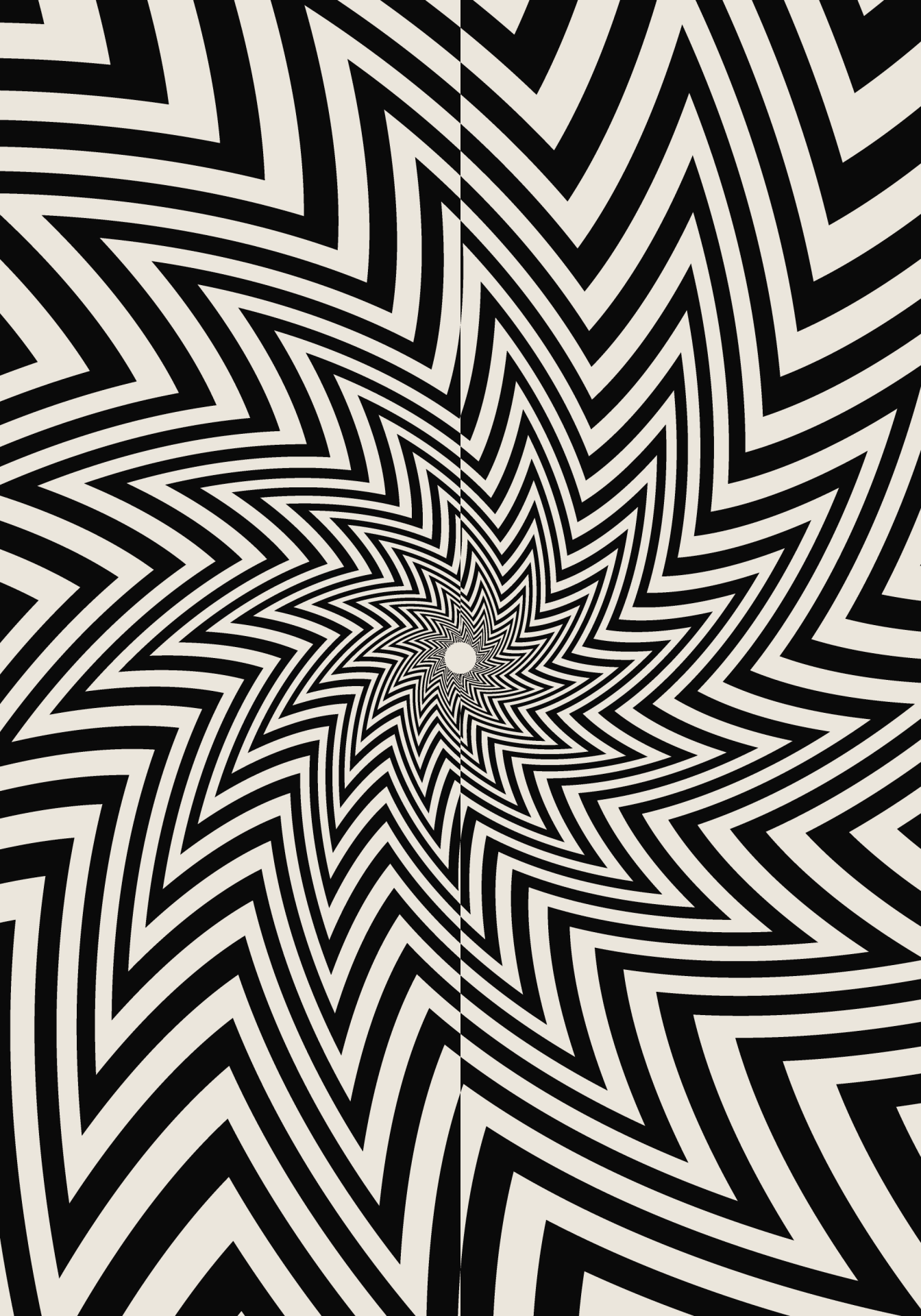


UNA LUX





# UNA LUX

*The Wisdom of the One True Light*

Thirty-three gates of remembering

Quantum Reality 33

**UNA LUX** · The Wisdom of the One True Light · Thirty-Three Gates of Remembering

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Quotations from ancient and classical texts are taken from public-domain translations named in the Sources. Modern authors are quoted briefly or paraphrased for the purpose of commentary.

This book offers reflection and contemplative practice. It is not medical, psychological or legal advice. If you are struggling, please reach out to a doctor, a counsellor or someone you trust.

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*For everyone who once felt the crack*
*and did not patch it.*

MOTTO

# una lux,
# multae lucernae

*one light, many lamps*

HOW TO WALK THE GATES

# This book is a path, not a library.

It has thirty-three gates, one for each vertebra of the human spine, arranged in three movements borrowed from the old alchemists. The *nigredo*, the blackening, breaks the familiar picture of the world. The *albedo*, the whitening, washes away the borrowed compulsions that keep us in its loops. The *rubedo*, the reddening, gathers what remains into a new and living form. You can open any gate at any time, but the first reading works best in order, slowly.

### THE SHAPE OF A GATE

Every gate has the same nine pages. A **plate** opens it: a two-colour image built from the geometry of the ⊗ videos, with the gate's sign at its centre and its sentence written in a ring around it. An **epigraph** follows, a single line from an old text. Then **The Teaching**, three pages of prose, interrupted by a full-page **figure**. Then **One Light, Many Lamps**: six voices from six traditions, ancient and modern, placed on the points of a star around one shared truth. Then **What Science Actually Says** and **The Practice**. Last comes **The Key**, one sentence alone on a violet page.

### WHY THE SCIENCE PAGE

This book uses images from physics, neuroscience and psychology: simulations, quantum fields, entanglement, the observer. They are powerful images, and they are easily abused. So every gate includes an honest note on

what the research actually shows and where the metaphor begins. You do not need to believe that physics proves mysticism to walk this path. You only need to notice that the oldest teachers and the newest instruments sometimes point in the same direction.

### WHY SO MANY VOICES

UNA LUX means one light. Its motto is *una lux, multae lucernae*: one light, many lamps. The backbone of the book is the Gnostic and Hermetic tradition, but every gate also listens to the Taoists, the Upanishads, the Buddha, the Christian and Jewish mystics, the Sufis, the Stoics, the poets and the scientists. They do not agree about everything. They do not need to. Held up together, their lamps light the same room.

### HOW TO READ

Read one gate at a time. Do the practice, which always takes at least thirty-three seconds, before moving on. If a gate unsettles you, stay with it for a few days. If one bores you, read it again later; gates have a way of opening when they are ready. Keep a notebook if you like. Underline. Argue in the margins. This book is a tool, not a relic.

A final word of care. Some gates speak about darkness, fear, dissolution and the self. If you are going through a very hard time, go gently, keep your daily life and your people close, and do not hesitate to talk to a doctor or a counsellor. The light described here never asks you to walk alone.

## GATE 0 · THE INVOCATION

Before you begin, stop.

Put down what you were carrying into this page.

You do not need to believe anything.

You do not need to join anything.

You only need to be here, now, awake enough to read.

Somewhere in you there is a crack in the screen.

You have felt it before: on an ordinary day,

in a song, in a silence, in the face of someone you love.

This book is a lamp held up to that crack.

Thirty-three gates. Thirty-three steps of the spine.

Walk them slowly. Walk them honestly.

Harm no one on the way.

And when you reach the end, you will find

what you found at the beginning:

the light was never somewhere else.

Una lux. Begin.



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# THE THIRTY-THREE SIGNS

*one for each vertebra*

## NIGREDO



I II III IV V VI VII VIII IX X XI

## ALBEDO



XII XIII XIV XV XVI XVII XVIII XIX XX XXI XXII

## RUBEDO



XXIII XXIV XXV XXVI XXVII XXVIII XXIX XXX XXXI XXXII XXXIII




I

# THE CRACK IN THE SCREEN



*Nigredo · the first gate*



Do not go outward.
Return into yourself.
Truth dwells in the inner human.

AUGUSTINE · DE VERA RELIGIONE 39.72

*noli foras ire, in te ipsum redi; in interiore homine habitat veritas*



THE TEACHING

# It never begins with thunder.

It begins on an ordinary day. You are doing something you have done a thousand times: standing at a crossing, rinsing a cup, moving your thumb across a screen. And for half a second the world stutters. Not the world, exactly. Your belief in it. The light falls a certain way through a window and you think, with total clarity: *this is not all there is.* Then the moment closes, the lights change, and you carry on as if nothing happened.

Something did happen. You saw the crack.

Every tradition that has tried to describe awakening begins here, with a hairline fracture in the obvious. Heraclitus put it in three Greek words: nature loves to hide. Not because reality is cruel, but because it is shy. What is most real does not shout. It waits to be noticed.

The old Gnostic teachers told the same story in another key. A spark of the true Light, they said, fell into a world of forms and forgot itself. It wrapped itself in matter, in a name, in habits, in the opinions of others, until it believed it *was* those wrappings. And the world around it was built to keep it busy. Not out of malice. Out of blindness. A world that is endlessly interesting never has to explain itself.

Today we have a better word for that kind of world. We call it a screen.

A screen is not evil. It is a surface that carries light. It shows you a picture so convincing that you forget you are looking at a surface at all. You can laugh at



it, fight with it, fall in love with it, lose whole years inside it. And then one evening the battery dies, and you see your own face in the black glass.

That reflection is the first gate.

### THE TWO KINDS OF SEEING

There is the seeing that looks *at* things, and the seeing that notices *that* you are looking. The first is how you survive. It names, compares, wants, avoids. It is fast and useful and it never stops. The second is slower. It adds nothing to the world. It simply becomes aware that the world is being seen, and that something is doing the seeing.

Most of life happens in the first kind. That is not a failure; it is the game working as designed. But the second kind of seeing is the crack in the screen. Through it, for a moment, you are not the character. You are the one watching the character.

Augustine had chased every pleasure and every philosophy of his age before he wrote it plainly: *do not go outward; return into yourself*. He did not mean hide from life. He meant: you have been searching the screen for something that stands behind your own eyes.

### WHY THE CRACK FRIGHTENS US

Here is the part no one tells you. The first glimpse is often followed by fear.

The mind has spent years building a stable picture: who you are, what matters, what is real. When the crack appears, the picture wobbles, and the mind does what any system does when it detects an error. It patches it. *You're tired. It was nothing. Get back to work*. Within minutes the screen is seamless again.

So the first task of the initiate is not to break the screen. It is far simpler, and far harder: **do not patch the crack.** Let it stay open a little longer than is

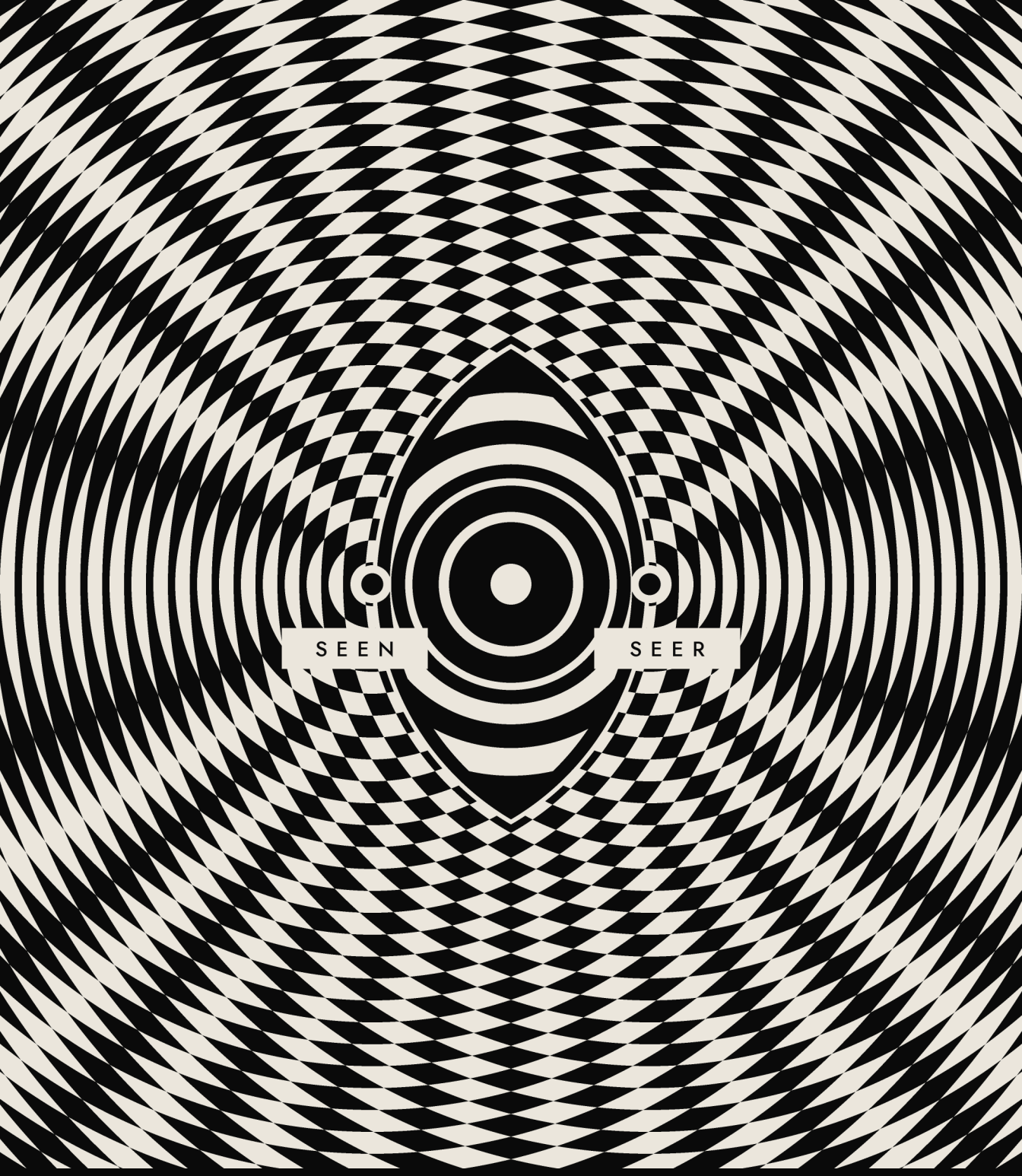



FIG. I

The one who is seen. The one who sees.



comfortable. Let the strangeness be strange. You do not need to believe anything new. You do not need to join anything. You only need to stop insisting that the picture is the whole of it.

### THE CRUCIBLE BEGINS HERE

⊗ does not teach that the world is a prison to escape. It teaches that the world is a crucible, an alchemist's furnace, and that you are the metal inside it. The same heat that confuses the sleeper refines the one who is awake. Duality, desire, loss, love, noise: none of it is wasted, once you notice that you are in the fire.

The crack is how you notice. It is the first sign that something in you is not made of the same stuff as the picture. The old texts called it the spark. You may call it awareness, presence, the quiet witness, the self behind the self. The name matters less than the recognition: *there is a light here that the screen did not manufacture*.

Thirty-two gates follow this one. They lead through the architecture of the game: how it was built, who keeps its loops running, what you carry that it cannot own, and how to walk back into the world awake. None of them work without this first, small fracture.

You have already had it. That is why you are holding this book.

# ONE LIGHT, MANY LAMPS

*una lux, multae lucernae*

### TAOISM

"Without going outside his door, one understands (all that takes place) under the sky."

TAO TE CHING 47 · TR. J. LEGGE, 1891

### HERMETICISM

The vision of Poimandres arrives only when the seeker's bodily senses fall still, as in deep sleep.

CORPUS HERMETICUM I.1

### VEDANTA

"The Self-existent pierced the openings (of the senses) so that they turn forward: therefore man looks forward, not backward into himself. Some wise man, however, with his eyes closed and wishing for immortality, saw the Self behind."

KATHA UPANISHAD II.4.1 · TR. M. MÜLLER



### AT THE CENTRE

The truth is not out there.
Turn around.

### DEPTH PSYCHOLOGY

"Who looks outside, dreams; who looks inside, awakes."

C. G. JUNG · LETTER, 1916

### BUDDHISM

The title *Buddha* simply means "the one who woke up," from the Sanskrit root *budh*, to awaken.

PALI & SANSKRIT TRADITION

### CHRISTIANITY

"The kingdom of God is within you."

LUKE 17:21 · KING JAMES VERSION

WHAT SCIENCE ACTUALLY SAYS

*Where the science ends and the poetry begins.*

Neuroscience often describes the brain as a prediction engine: it does not simply receive the world, it constantly generates a best guess and corrects it against the senses. This family of ideas is called predictive processing. Much of the time, what you experience is the guess. The "crack" in this chapter is a poetic name for the moment you notice the guess as a guess. Science does not say the world is unreal. It says your experience of it is constructed, and that is enough to begin.



THE PRACTICE

## The Black Mirror

Once today, switch off your phone and hold the dark screen in front of your face. Look at your reflection for thirty-three seconds. Do not analyse it. Notice only this: there is the one being seen, and there is the one who sees. Then put the phone down and look at the room in the same way, as if it, too, were a surface. Ask once, and do not answer:

Who is watching?

33 SECONDS

THE KEY · I

Do not patch the crack.
It is the first window.

