

Session 2.2: Invitation – Do You Know That You Know?

Metaphysics & Mystery online course
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Charles Eisenstein: This time I'd like to pull out from all this material one question that I asked which was, do you know that you know? Can you be sure? I discussed an example of what our society thought that we knew about cholesterol that turned out, or let's just say that the majority of nutritional scientists and researchers no longer believe is true, but that was almost universally believed to be true and maybe there are things in your life too that at a younger age you thought you knew it. You would have said I "know this" and now you no longer know it, in fact you know the opposite. One point I've been making is that, and this is why metaphysics is actually relevant, it's not just intellectual exercise, one of the points I've been making is that a state of belief or a state of knowing or a world story that we're inhabiting is also a state of being, it corresponds to who we are. So I'd like to offer you a couple related assignments. One of them is to pick one of these things that you knew or believed very strongly, so strongly that you would have said, "this is just fact, I know this" and that you no longer know and to examine who were you in that belief or in that thing that you thought you knew. How have you changed? What is different about you that you no longer attract this belief to you? It's kind of the opposite of the law of attraction which says that our beliefs attract a reality to us. It's that "what is real for ourselves" and "who we are" attracts the belief to us that kind of completes the state of being that we're in. So that's one thing I'd like to invite you to do. To take an example and maybe discuss it if you're in a group on the forum, to discuss that with others. The second thing though may be a little bit more edgy, is what do you know right now that maybe there's a little bit of doubt creeping into it. How would you recognize that maybe you don't really know it? It's if there is an identity piece that goes along with it. A prime example would be a judgment you hold about another person or a political situation, a political figure, something in the world that defines you in relationship to that person as being good or right or superior in some way. That state of judgment, that self-approval that comes from being right, that's a sure sign that there's something else feeding into your belief, something else besides your dispassionate survey of the facts. So what might that be in your life that you could in fact turn to its opposite and explore "who am I" with the opposite belief. Who am I believing that UFOs are real? Maybe you think that that's just a bunch of bullocks and not even worth the consideration of a serious person. Ok, turn that on its head, question what you know. Who are you? What does it take? How do you change? If you're in the belief that UFOs are real or could be the opposite, so if you believe they are real go to Skeptic.com or something like that. Find the best debunking of the phenomena that you can and feel who are you in that. So find something that disagrees with something that you could hardly imagine how anybody could have the opposite opinion, they must be crazy. Maybe it could be vaccines. If you believe in the safety and the efficacy of vaccines go to one of the best anti-vax websites and really sink into it and feel who you become in that world. If you're anti-vax, do the opposite. Go to the CDC website or something like that. You can pick whatever issue is relevant to you or you could apply it to a personal relationship, a judgment you hold about another human in your life, you ex-spouse even. Something that's alive for you. This is really a more focused version of what I talked a bit about in Session 1, the big metaphysical world story. Who are we in the story of separation, who are we in the story of interbeing, in the story of gift, the story of interconnectedness? What do you become and it could be that you are in a transition, that there are parts of you that are in the old story, parts of you that are in the new story. It could be the same with UFOs or vaccines or politics, any contentious issue. You might find if you really look into the other side that there's something

of you in that side as well. Perhaps a shadow aspect of yourself is represented in what you have othered and cast into the abyss of wrongness. This is a path of self discovery to open the question, “what if the opposite was true?” Who do I become if I accept, if I inhabit the opposite of what I think I know? I would pick something that has that potentiality. I mean you could do something like I know that unicorns are not real and inhabit the other, but I would take something that’s more edgy and more alive and more relevant to our social and political selves for this experiment. Ok, so I hope that the invitation is clear. Venture into the opposite territory. I guess one way to pick it is something that at least some people believe. If you’re progressive go to a right wing web site. If you identify as conservative go to a left wing web site. Go to [Counterpunch](#) if you are identify as conservative. If you identify as liberal go to [Sign of the Times](#) (SOTT). Those are two pretty good representatives of a different view point or go to [Breitbart](#) or soothing like that. Something that is at least has representation in part of our collective body of society that might, because we are interbeings, this is what I’m calling the new and ancient story, interbeing. I mean Thích Nhất Hạnh made the word I’m told, but it’s a natural word for what we’re talking about. So something of this other belief, other knowing, is in you as well. So this is an exploration that I invite you to do on your own or again share it with the community of this course.