

Intention Setting
Metaphysics & Mystery - An Online Course
charleseisenstein.org/metaphysics

Charles Eisenstein: Hey everybody, I thought I would add a little bit to the retrospective introduction that you hopefully have already seen and also offer... I'm not really calling them assignments, but offer an invitation for the next week until the official first session goes live. I'm aware that a lot of people are coming to this course with a fair amount of skepticism. Who is this guy? Who is he to think that he has the answers to my deep questions? I think that's very healthy that skepticism and it's also a good stance in preparation for this course because I'm not actually going to answer your deep questions. I don't think that I can answer them for anybody except for myself and maybe not even that. What I intend is that I will feed your search, your quest, your questioning and stimulate a process, stimulate a deepening of your journey to understanding what the answer for you is, why am I here, what is that for you?

I'd like to encourage you to give some attention, even right now in this moment, to the feeling of a quest, a questing or questioning inside of you that has brought you to this course even through the cynicism or skepticism that you may feel has brought you here none the less. A sincerity, a yearning, a knowing that there is some kind of, if not an answer, that there is some kind of information that your quest or question is seeking and give some attention to your questing and questioning. Maybe then that feeling can take the form an actual question that you could maybe share with the people on our forum or maybe just something that you would journal about or meditate on. What is that question? When you clothe that questioning in words, what does that look like and then to allow that to operate on you not needing an answer that comes in words, but just trusting the power of the question. Maybe I would just add to that to hold in your mind the intention that this sincerity, this trust in the question, will carry you through our course. Maybe even visualize, give a moment of attention and visualize who you want to be, how you want to show up for this material that we're going to be sharing in this course. Who are you in relationship to these questions? Who do you want to be, who are you really? Aside from all the stuff that I talked about, being right for example the smart people arguing about the metaphysical answers, who are you really and to be present to the purity of your questioning and just carry that with you in the days to come, an awareness of your questioning.