

What Am I About to Get Into?: Retrospective Introduction
Metaphysics & Mystery, an online course
charleseisenstein.org/metaphysics

Charles Eisenstein: This was good. You know I've done a lot of interviews before, this is a bit different and I feel like a lot of material got accessed, which I kind of knew or hoped would happen. It's not that I have a lot of knowledge, but I have access to a field of information that is only available if I'm asked. So yeah, I do welcome the questions. Maybe what we've done here is open a portal to a field of information and what you've done Lauren is to kind of stand as almost an avatar of many, many people, a collective that is really seeking answers to what we are calling metaphysical questions. Maybe one way to look at metaphysics is it's the story of the world. Yeah, maybe I'll define metaphysics that way, the story of the world. At a time when our received story of the world is in tatters many, many people are asking these kinds of metaphysical questions. What we've done is pursued some of them and as each question is asked and responded to it opens up more questions that maybe weren't even available at the beginning, so we've gone into some deep territory. I'm quite sure that a lot of people will find it valuable and take from it what serves, discard what doesn't. For me there's been an element of play to it also. I'm not facing an examination where I have to come up with the right answers, but I've done my best to sense whether there is a ring of truth. True words have a certain ring to them as opposed to stuff I might be saying just to sound smart or to fulfill my school boy programming to produce some answer that sounds right, don't like admit that I don't know anything. Those motivations might be there a little bit, but I've been as scrupulous as I know how to be in saying what has a ring of truth to it. That's me, I'm sure it was imperfect. Maybe your bullshit meter will go off at certain times. We're all doing our best here so my wish is that the information is helpful in some way and that we've made good use of our time and good use of your time if you are watching (reading) this. I'm probably supposed to be more enthusiastic and positive about it, "this is going to change your life! This is amazing material!" but I don't know that. Some of it was profound for me, like I had not thought or said such things before or maybe like in really deep states where I myself haven't communicated it to myself, so it was quite profound for me. Some things are well trodden territory that we talked about and some of the things were kind of new for me. Thank you Lauren for opening up that space and thank you for everybody who's been witnessing this, for holding the field of attention and the invitation, because I can't really go there without an invitation. And maybe thank you to everybody who's ever going to listen to this for contributing to that questioning that does magnetize, if not a direct answer, magnetizes information that speaks to the state of the questioner, which is more important than the answer. That's all, good night.

Lauren Buckley: I just wanted to thank you for even being willing to go to this place because it is one of mysteries, it's one of unanswered and maybe unanswerable questions. It's an abstract a lot of times. It's taxing I imagine, to really hold that inquiry this deep and to be willing to say your raw, vulnerable, honest truth or what feels true or to play with it. This is the kind of stuff that people love to nit-pick or attack, but it's a conversation or an exploration that I crave. I think a lot of people don't go there because they don't feel like they have the answers or they're not certain, they don't have this absolute truth that they can back up with data and logic and all the things the old story demands.

C.E.: Yeah, it's interesting. I'm not interested in debating these things. I'm not interested in establishing that I'm right and fending off criticisms of it. You know, it's just stuff that

occurs to me. I don't have a lot of attachment to it and maybe that's why I often don't want to go into metaphysics because it is a playground for a lot of really smart people to vie with each other to be right. A lot of them are smarter than me. It's not like sheer intellect that I'm utilizing here. I mean I guess I'm pretty intellectual and pretty smart, but I mean, you know, compared to the math geniuses and stuff that I've come across, no, that's not what's going on. Anyway, that's why I'm not so interested often in talking about these things. "Here are the basic principles of reality" and "it's this and it's not that, but you think it's that and how can you defend that position?" It's not about staking out a position, which isn't to say that new insight might not be born from an exchange of perceptions, but if it's done in the spirit of contention, of wanting to win, then nothing new will be born of it and because so many people carry some of that spirit with them, of wanting to establish their rightness or intelligence or their position. I tend to shy away from these types of discussions because I'm not interested in that. That's it, that's all I've got to say about it.

L.B.: Yeah, I see you as one person, one antenna, one subjective lens on this crazy mystery that I imagine, like all people, is full of stuff I don't know and stuff that the six year old me and that really deep down part of me that really wants to explore because it's at the bottom of everything and it's rare and fun to be able to come at it from a totally open place, free of that judgment.

C.E.: This goes back to what we were talking about earlier, the power of letting go of holding your position. Your intellectual position especially. So much is available from that release.

L.B.: If nothing else this has been therapeutic in that way. The practice of letting go of thinking I know anything, being totally open to everything and entering into that with somebody else in a vulnerable position like this.

C.E.: I think that might be good advice for people listening to this, to put down the guard coming into it. Put down the frame of, "ok I'm going to see if this guy's right or not. I'm going to see if I agree with this. No I can't agree with that." You can do that later. Take it in on its own... I was going to say on its own merits, but more on its own terms. Yeah, take it in on its own terms. Go into the logic of it. Immerse yourself in the particular story of the world, the particular metaphysics, but I like to call it the story of the world, to go into the story of the world that I'm offering, to inhabit it temporarily. How do you feel in that story? What feels off? What feels resonant? What makes you come alive? To fully take it in, to live in it for a while and then later on you can use your faculties of discrimination and discernment as you integrate the information as you come to terms with it so then no longer taking it on its own terms, but coming to terms with it. If you do that then I guarantee you there will be some evolution within yourself, within your mind, within your perceptions and your experience of life. Good, we just did a "how to use this material."

L.B.: A thought I had was I love to engage with people in that way in general, but it's very rare that I get to have somebody in front of me and be completely open to the wisdom that they might offer, things they know that I don't or what I could gain from the interaction while they also sit there having the same awareness.

C.E.: I love it when I encounter somebody who's humble and willing to be humble together. It's a matter of chemistry too. I'm not claiming that I'm always humble going into every conversation, but sometimes there's this mutual invitation where you just sync and nobody's really attached to being right and your willing to go there, there's kind of a trust. That is rare

and I really appreciate it. In fact, any conversation that isn't that is boring to me and I have such a low tolerance for it which is why I usually keep my mouth shut in intellectual situations.

L.B.: Taking the role of listening instead because at least in silence and listening you can do this in a one way street.

C.B.: Right. Ok, are we done now?

L.B.: So thank you.

C.B.: You're welcome.