

### Session 1.3 Look for Evidence That You're Here to Serve Life

Metaphysics & Mystery online course

[charleseisenstein.org/metaphysics](http://charleseisenstein.org/metaphysics)

Charles Eisenstein: So I'd like to offer you something to work with either by yourself or in relationship to other people, in conversation with others in-between this and the next session. Living in our current society we are taught that on a subtle level, or sometimes not so subtle, that we are separate cells competing with everybody else, with everything else, fundamentally selfish, looking out for our rational self interest, competing with everybody else, this is not only what we're taught on some level about human being-ness, that in order to be a good person you have to overcome yourself, that would be part of it, that you're basically bad. I mean religion teaches it, economics teaches it, biology has been teaching it, original sin, you're depraved, the depravity of man as John Calvin called it unless you are saved, all of this programming that you are bad and so it's hard not to believe it on some level and to examine your life and examine your choices and yeah, to feel ashamed of them and to reinforce this we gather evidence that we're bad. Not only that, but we live in a system, especially an economic system, that really pressures us to act in that way, to control instead of to share, to hoard instead of to be generous because that's the infrastructure that's been built around us. If you just give it all away, if you just give away your money and are free with your possessions and yeah, c'mon, stay at my house homeless person I've got an extra room. The results are not as they would be in a gift culture, in a traditional culture where everybody was sharing with everybody. If everybody's sharing with everybody then it's safe to share, you'll be taken care of too and in fact if you don't share then you're worse off because no one will want to share with you either. We don't live in that kind of society, we live in a competitive, scarcity based society so we have a lot of programming to see ourselves and to act from that story, to see ourselves in that way and the choices we make in response to these conditions confirm the teaching that you are selfish, you are greedy, you are separate.

I'd like to invite you to gather other evidence, to gather evidence that you are here to serve life. The evidence could be things like your repulsion or reluctance to participate in the program of control, the program of domination, the program of self interest. Evidence could be the ways in which you are half hearted in that, the ways in which you are lazy to do the things that you really should be doing in order to out compete everybody else. You just can't make yourself do it and instead you're trapped into something else. To what? To things that are a waste of time maybe from the perspective of developing your dominance, but that maybe beautify the world, they maybe serve others that contribute to life, it could be music, it could be art, it could be taking care of another human being or none human being. Can you find the evidence that the old story of separation isn't true? Evidence in your open actions, I want you to look for it because this is the kind of thing that is often invisible if you're not looking for it. To see something often you have to look for it. If you're not looking for it, even if it's right in front of your face, you wouldn't see it. You're not trying to convince yourself that it's true, it's just that you're taking in also of the data points and not shutting the ones out that will open up the possibility of living in a different story, understanding this question why am I here in a different way. Why am I here, it's not that someone's going to tell you the answer. You can examine your life and get the answer through these little clues. What are you attracted to in the most deep level. What really makes you excited and what's behind that excitement? What do you really want? On a superficial level maybe it is a big house, but what's underneath that? If you got that, how would that feel? A week later, a year later, what is it you really want? That might be another piece of the evidence if you go down

into that. This is kind of open needed, but really it's too look for... again I'm just going say it again, to look for evidence that you are here, indeed here, in service to life, that you are here to make the world come more alive, to contribute to the livingness of this world. Look for evidence of that.