

Session 1.4: Notice Excitement for the Next Step Toward Life

Metaphysics & Mystery - An Online Course

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Charles Eisenstein: As a potential part two of this homework assignment I mentioned in part one that one of the pieces of evidence that you are here indeed to bring more life to the world is your feeling of excitement toward something and your feeling reluctant towards other things so if you note that yeah I'm actually excited to meet the neighbors and get them together or I'm excited to go to the town planning commission and add my voice against an industrial park and in favor of something else here or what is it? What is exciting to you that you could actually take a concrete step into in your life? What would that look like and it could be in terms of you civic participation, it could be in terms of the relationship to the piece of land that your on right now. What's exciting to you about your yard or your garden or your balcony that maybe feels, and as I've mentioned here before there's some habituation here, there's some fear in stepping into it perhaps, but there's also some excitement and that's what we're looking for is the excitement that's bigger than the fear, that you don't have to push yourself and goad yourself by saying, "well I should do this because its in service to life and so I'm going to make myself do that so I can be a more developed person, a more enlightened person because I'm more in service to life." That's actually the old story. That's actually control. What we're asking here is what is exciting to you that you actually want to follow on. So the first is just witness that excitement as evidence and then secondly, how is that actually going to be translated or how could it be translated into action that feels like an exciting, natural next step for your life and your not going to be promising that you're going to do this but you're just adding this data point into your awareness and maybe talking about it with other people too.