

Session 3.3: Invitation - Reality is Alive
Metaphysics & Mystery Online Course
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Charles Eisenstein: I hope you have enjoyed this really juicy Session 3 of our course. I'd like to invite you this time; it's actually a little bit similar to the invitation for Session 1, which was to look in your life of evidence that you are indeed here to serve life, to serve the unfolding aliveness of the universe. This time I'd like you to look through your past, through your life, for evidence that in fact the universe is alive, that reality is in a sense alive, that it's not just a bunch of random forces operating on generic masses, but that there is an order or an intelligence in the world that is beyond our understanding. I want you to look for the mystery poking through normality for the intelligence, poking through the seemingly inexplicable events of life. To look for signs of the implicate order, as David Bohm put it, that is usually invisible to most people, but that manifests as, for example, synchronicity. Meaningful coincidences that just seem like... it's the feeling that couldn't have been a coincidence, I can't believe that that happened or precognitive experiences or communications that were seemingly not mediated by any recognizable physical force or material medium. Maybe things like telepathy or something like that. Maybe you've never experienced anything like this. If you have, I'd like you to bring that data point into your awareness and again to share it with other people to tell the story because a lot of people are harboring these experiences and feeling like, "am I crazy for having experiencing this? Am I actually living in reality?" And when you hear other people who've had the same experience it confirms in you that you're not in fact crazy and that reality is larger than we've been told. It is as these experiences suggest, there's something much, much bigger going on here than we can understand. If you haven't had such an experience begin to look for them, begin to listen for them whether they come to you directly or through another person and, as I said in one of the in this last session, look also for the part of you that rejects those experiences, that keeps reality small and safe by excluding them either the ones you've had yourself and have put into the category of "well that was weird" or "that was unexplainable" where other people's reports of these experiences that you could exclude from your picture of reality by saying, well that person was probably making it up or they were drunk or they're not reliable. What do you do to keep reality small and safe? So the invitation is to let these experiences in. If you've not had one before ask somebody. Is there someone in your family, your crazy aunt or someone like that who's had an experience like this? When you bring that experience in, as last time, investigate "who am I?" with the inclusion of this data point into my reality. Who am I when I accept the invitation of this experience into a story that can accommodate it. Who do I become in the presence of this new fact? How does it feel to take it in? How does it feel to reject it? How does it feel to explain it away? Who am I when I do that? Who am I when I take it in? Who do I want to become? Who am I really, knowing that you can never reasonably prove beyond a shadow of a doubt that it really happened or that it is true? Could have always been some delusion, some hallucination, you can't prove it. So what I'm saying is belief is always a choice. You might have evidence that justifies it, that encourages you, yes, to believe this, but when and evolutionary truth comes into your life, an evolutionary experience, because it is evolutionary it is going to disrupt the matrix of your previous world view. It's going to not fit in. It's going to seem anomalous. When these anomalous experiences start coming in that's a sign that things are going to change. It's a sign that you're changing. After the change happens, then these anomalous experiences may no longer seem that anomalous and the synchronicities might kind of seem as a matter of course, they may not seem so marvelous anymore. Then it's time to grow into this new reality and into this new state of being until, again, it becomes confining. So this is an infinite process of growth.

Anyway, maybe I'm saying too much, more than I need to say for you to do this. So again, to remind you, bring in to your awareness from your memory or from other people around you and experience that demonstrates to you that the universe is alive, intelligent, conscious and mysterious.