Beyond the Obvious: Part II

By Penney Peirce

If I asked you "What is real?" you'd probably say: my body, my job, the people in my life, money, my cell phone, my car, what I had for dinner, the tree, rush hour traffic, dogs and cats, and on and on. We might list things like the actions people take, including what they say: Are they creative, kind, humorous, or violent? These are all "things" in the physical world. That's what we recognize as real. It's what's obvious, what occurs as form that can be experienced with the senses.

But what about the invisible things? What you're thinking? And how your thoughts cause you to feel? And how your thoughts, sensations, and feelings shift constantly and fluidly like a kaleidoscope all day? What about nighttime dreams and daydreams? What about your *experience* of those physical things I mentioned above? You might experience rush hour traffic as frustrating while someone else might enjoy it as a time to listen to music or catch up on phone calls. Is your experience a physical thing, or is it behind the scenes, or beyond the obvious?

It is the world of those invisible things that fascinates me so much. Even as a kid, I just couldn't believe that people got sick *only* because of germs. Or that there was no rhyme or reason to why some people had good luck and some had bad luck. Where did our motivations come from? Not necessarily from our parents, I realized. My mother believed she had lived before in other lifetimes and that was why she was so interested in certain periods of history. That made sense to me and gave me a tiny strand of thought to follow to try to explain things like good and bad luck.

I believe in everything until it's disproved. So I believe in fairies, the myths, dragons. It all exists, even if it's in your mind. Who's to say that dreams and nightmares aren't as real as the here and now?

—John Lennon

Learning to read is a powerful thing. We accept the fact that physical symbols represent nonphysical realities, and that we can experience those realities by translating the symbols into meaning and then into an inner reality, visible and known only to us. First there are letters that combine into words, then sentences that represent sounds of spoken words and convey pictures that we learn to feel into as if we were the ones experiencing those states of feeling and being. Reading is a way we learn of the inner worlds and develop our capacity to imagine realities into existence. Who hasn't been engrossed in reading about a voyage to outer space or the "fantastic voyage" down into the body?

THERE ARE TWO REAL WORLDS!

And, what about creativity? We speak of it as a real thing, but it's a process of moving our attention out of the physical world into the nonphysical reality of feeling and thought. Creativity relies on our ability to enter the imaginal realm where ideas for every possible physical thing exists as inner blueprints, and as experiences—if you focus your attention on your ability to feel imagined realities. Once you can imagine the *felt sense* of a possibility, it can become real to your body, and can then easily drop into physical reality. So creativity is a sort of round trip between the physical and nonphysical, and back to the physical world again.



You have a blank piece of paper (physical) and wonder what to do with it (nonphysical). You have crayons, you have paint, you have glue, you have glitter and bits of ribbon (physical). You suddenly get a vision of a red circle (nonphysical), you pick up the red crayon and make the circle (physical). Next, the idea comes to paint a blue stripe and put some glitter in the wet paint (nonphysical). You do it and it feels exciting (physical), which precipitates the next desire (nonphysical). And on you go, rocking between imagination and form. In a way, creativity, like reading, teaches us that there are *two* real worlds: the nonphysical, beyond-the-obvious one, and the physical one we can touch, that seems so solid. Which is more real?

YOU NEED INTUITION TO REACH BEYOND THE OBVIOUS

The more fascinated you become with the round trip and weaving the worlds together, the more intuitive you become. If you only focus on the physical world, creativity fades and possibilities are limited. If you stretch and yearn and reach for inspiration and the magic of imagination and creativity, you learn you have limitless potential and life becomes so much more fun. *Perhaps all the pain-and-suffering in the world comes from only seeing the physical world as real.*



Intuition is your ability to first connect to the nonphysical realms and merge into them to have direct experience through your imagination. Often, it is wondering that opens the door. Intuition requires you to first be quiet and stop talking, both out loud and inside your head. As soon as you enter the silence and really drop in, you're able to experience a very different state of being that is much freer, calmer, harmonious, generous, and joyful. Whatever you need to know or experience is waiting for you and freely given.

Intuition is also your ability to understand the elements of the nonphysical world—energy/frequency and consciousness/knowing—and to recognize in each moment the part of the totality that wants to come through you into the physical world. And, of course, intuition is your ability to translate that

experience accurately into form. When you work with intuition on a regular basis, it dawns on you that the invisible worlds are perhaps more real than the visible, tactile one. Both the energy and consciousness of the nonphysical are of a higher frequency than their counterparts in the physical realm. You clearly see that imagination and attention are the cause of your particular reality. Jacob Boehme, a German mystic, said that the whole outer world and its forms are a signature of the inner world. That means that the higher the quality of your imagination, the better your physical world will become.

When the higher flows into the lower it transforms the nature of the lower into that of the higher.

—Meister Eckhart

RECOGNIZING INTUITION

- Intuition is direct knowing, or the perception that occurs when mind, body, feeling, and spirit are simultaneously active and integrated while being focused entirely in the present moment. This unification of awareness results in knowing what is appropriate in any given situation, with full confidence and trust, without need for proof.
- Intuition is knowing what you need to know, just when you need to know it.
- Intuition is engaged indifference, a personal relationship with possibilities and the abstract.
- Intuition is a result of practicing beginner's mind and radical honesty.
- Intuition is an experience of bridging worlds, of healing the split between our earthly, mundane selves and our divine, eternal selves.
- Intuition is the natural perception of the soul-in-the-body. It brings the recognition that our spiritual wisdom is in us now and always has been, and it fills us with light, making us light-hearted.

- Intuition is a state of perceptual aliveness in which we feel intimately connected to all living things and experience the cooperative, cocreative nature of life.
- Intuition is perception in which synchronicity is natural and miracles are probable. It cuts through the normal limitations of time and space, brings the answer and question simultaneously, and shows us that all knowledge is available.
- Intuition is a cyclical, comprehensive process of knowing that oscillates between experiencing the world of form, then essence. The intuitive process is also called the process of creativity, self-recovery, evolution, transformation—even enlightenment.
- Intuition brings knowledge that registers all at once and appears differently depending on what level of the brain is being activated at the moment. At the level of the reptile brain, intuition appears as instinct: attraction-repulsion, expansion-contraction. At the midbrain, intuition appears as sensory input: smell, taste, touch, hearing, vision (dreams, symbols, flashes, vibes, the little voice). In the upper neocortex, intuition appears as pattern recognition and the ability to grasp complex visions and higher knowledge instantaneously.

I encourage you to pay attention to your intuition, to what's real beyond the obvious. Try on the idea that the form you see and touch is actually the result of how you think and feel at a deeper level, and that everything can be revised through the power of imagination!

People travel to wonder at the height of the mountains, at the huge waves of the seas, at the long course of the rivers, at the vast compass of the ocean, at the circular motion of the stars, and yet they pass by themselves without wondering.

—Saint Augustine

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