

Wake Up Call #7a

The Unseen

"Looking & Listening"

Ok. This one's about the unseen - a wake up call to see the unseen. Oh yeah. Why not. What about those things we call *ideas*? I mean, there's so many things that are unseen, but what about ideas? Ideas are unseen and sometimes, ideas come to us that are really good, and we wish that we could go get those ideas on demand - navigate that world of ideas. Where is that? What are they? How do you go there?

Well, I've got an exercise for accessing the world of ideas today. But wait. Let me make a point before you go do the exercise. Could it be that ideas (I heard this) have us? I heard that maybe they have us. I heard that maybe ideas are kind of alive - they are some kind of *being*.

Let's play a game and pretend that for a minute.

So, the rules of the game are that ideas are alive. They come to us. We don't have them - "Oh, I have an idea!" - no - we don't have them. Maybe they have us. Ok? There's the idea for today. There's a BIG IDEA.

We're going to now look and listen for ... "What is THE idea or AN idea that *has me*?" It's in that other world - that world of ideas. So, the game is: you pretend that they are alive and some idea comes to you repeatedly. And you try to say, "What is that idea? Why are you coming to me? What do you want me to express in the world?" Maybe the idea is coming to you to have itself expressed in the world. Your job - in the game - is to tell

everybody about it, so you've got to see what it is. So, are you ready?

It's a one minute exercise. It's very simple. Although you would probably do it over and over. Take yourself to a state where you are listening for a question like, "What am I to do with my life, next - What's the next thing I want to do with my life?" Then, you blank out your mind. Now, note what ideas come into your mind ... but, whatever comes - don't touch it. Don't try to figure out what it means. Don't analyze or categorize or finalize or advertise it (thank you, Bob Dylan). Just leave it alone. You respect that if it's a real being, then it's not up to you to handle it. It's up to you to listen. So, you look and you listen. That's your job. You take the unseen and you let it come in and work. Work how? Well, you do this exercise - which maybe took a minute - several times over the next week, and you notice if there is a pattern among the words or phrases you noted. Once again, do not over examine them and don't overthink anything. Just note it - maybe write it down - or type it or say it, so that you see the different ways the idea came in over the next week. Maybe there's a pattern - a synchronicity that is one big idea coming to you from several ways that it appears.

And now, you are looking at the unseen! It's a little abstract, but it's a kind of fun game.

I had this happen to me. When I was a boy, I would go to the mailbox and walk up the driveway to bring the mail into the house. And I kept on thinking, "Why can't I know what is in the letter before I open it? - Isn't there a way to know about this?" And then I thought about *intuition* all through grammar school and high school. And then in college I started writing notes to myself about intuition. And then, I went to get the Ph.D.! Guess what it was on? Intuitive Education! That idea HAD ME - I think - my whole life! I think I had an idea trying to express itself through me. And now I do these wake up calls and I talk about

intuition all the time. And I have intuitions. While I'm teaching, intuitive thoughts come to my mind that I did not see coming, and they come out of my mouth. Maybe I'm expressing an IDEA in the world.

You may also see the unseen.

Well, that's today's wake up call. I'll see you in one of those tomorrows.

