



THE NERVOUS SYSTEM

Our central nervous system is a marvelous and complex system that has a tremendous capacity to evolve. It is a vast wiring of circuits and pathways that through a shift of perception, can alter how we interpret Life. The brain is also part of this vast network, and it signals the body/mind how to respond to the stimuli that it receives. The rest of our physiology: our cells, muscles, blood, etc. are directly linked to the impulses within our nervous system, and will be affected as the system begins to open up.

When we operate from the old way of seeing things, without ever questioning the way we live, the things we believe, or how we interpret our most immediate experience, we stay stuck. We can work through lots of emotional patterns, but if there is not a sincere inquiry into how we perceive the emotions, and also how we perceive the world, it will be much more difficult for any shift to occur in our consciousness. A shift of perception is literally a rewiring of our nervous system, when our brain, body and mind perceive and experience Life in a completely new way. This is where the core of evolution lies.

Have you ever firmly believed a story and then something cracked in your consciousness, such as someone telling you that what you thought wasn't what actually happened, and then afterwards you wondered how you could have ever believed your original perception? Your capacity to believe the old story isn't there anymore. This is a shift in perception, and when it happens it can feel extremely liberating. This is because an old stuck pathway within the nervous system has been freed up. It's almost as if a light gets turned on inside, and you feel more spacious within, whereas the old story had felt tight and rigid.

When we are open, the pathways of our nervous system can, in an organic way, discover new ways of interpreting Life, thereby freeing us up out of old rigid patterns. This is where the deepest transformations come from, and when we have big shifts out of the personal aspect these pathways can really begin to open up, and operate in a more efficient way. By efficient, I mean our perception of Life becomes more natural, more in alignment with the rest of Life. We no longer perceive Life from a personal viewpoint, so that what we perceive has nothing to do with "us." We are part of life, and we can experience this objectively, rather than from a "center." Our perceptions can be viewed from Life itself; the same natural order that blooms flowers and makes the sun shine.

The nervous system is the divine blueprint that we all carry within the physical body. It is the messenger to the unfathomable organ called the brain. We are said to be only using a fraction of our brain's capacity, and that we are potentially capable of using so much more. Maybe this is where that deep intuitive sense--that we are capable of so much more--is coming from. Is the brain the seat of intuitive knowing? Is the wisdom within the brain sending out intuitive messages that urge us on our evolutionary journey? Is this where the deep curiosity, about who and what we are, is originating? We have such a deep mystery right within us, which is asking for exploration, and the nervous system is the doorway to that exploration.

When we feel a certain emotion, or a simple feeling, what I call an "experience," we feel it in our nervous system. If we separate ourselves out from the thinking mind into pure experience, it becomes a pure feeling. It is a felt experience, or a pure experience. The nervous system feels it, and it can feel subtle or very intense and everything in between. A pure experience is one where we are acutely aware of the experience, through feeling. We feel it objectively, so we do not identify with it. There is no agenda to get through it, it simply is allowed in the deepest, purest way. Even getting to this degree of allowing is part of evolution, and I am amazed within myself how the capacity to have a pure experience evolves. The nervous system is discovering its own capacity to open up to pure experience, and it is also recognizing that pure experience is not harmful to its system. The nervous system begins to recognize its own natural function within the pure experience; the function to open up and feel.