

Course One: Introduction to Modern Spirituality

Class 6: The Synchronicity Socratic Process of Inquiry

Master Charles ... Welcome...

First and foremost, let us endeavor to be as wakeful as it is possible for us to be in this very moment. Let us practice the Balance Position. The polarities of focus in this session are Words and the Spaces between them. There are my words, and then there are the spaces between the words. Words and spaces. Most often we are identified with the objective, the words, and we miss the spaces. But if we open our awareness to include the spaces simultaneous to the words, we create balance. And wakefulness, holistic awareness, is proportional to balance in the relative field which governs all experience so we are more present here and now in the wakeful moment. So let us continue in this focused balanced position ... words ... spaces ... as we continue in this session.

In this session, we will explore the creation of our reality through the Synchronicity Socratic Process of Inquiry. Let's begin.

The fundamental question is this ... is your reality true or virtual? If it is real, it is real. Or if it is unreal, it is unreal. We like to tell ourselves that our reality is truthful and real and yet, unless we are in the holistic state of awareness, our reality is a creation of our minds and, as such, it is illusion because human minds are illusion creating machines. The mind — our thoughts, our beliefs, our stories, driven by the ego — ceaselessly generates illusory thoughts and beliefs about who we are and what life is. These illusory thoughts and beliefs become the stories we tell ourselves, and our identification with them becomes our reality. Our reality, for the most part, is based on our stories about ourselves and what life is. So you can see that our reality, for the most part is illusory. We create and live in a virtual reality.

This session introduces the process by which we begin to question and, as a result of that questioning, understand our reality and discern, perhaps for the first time, what is actually true for us and what is not true. We begin with a very famous sage who was known for his life-long commitment to this very question.

Socrates was one of the most renowned of ancient philosophers and acknowledged for his method of inquiry. He was also an evolved sage as revealed in his teachings. His approach

to life was an unrelenting inquiry into the truthfulness of what he thought and believed. Thus, some very famous sayings are attributed to him.

1. *“The unexamined life is not worth living”.*
2. *“If I am deemed wiser than those who say they are wise, it is only because they do not know that they do not know anything, whereas I know that I am aware of my own ignorance”.*
3. *And one of his last statements was, “I only know that I know nothing”.*

Socrates teachings were experienced by those with whom he debated in ancient Greece and by the people attending the debates. It is said that within a brief time in Socrates-focused and unrelenting inquiry, almost every belief a challenger espoused was dismantled as being not true and, thus, they could not defend their position.

The Socratic Method is a time-honored approach to examining our data about life and, therefore, our thoughts, beliefs and stories about who we are and what life is.

Let's pause. Restore the Balance Position. I'll slow down my words so that the spaces between them are more readily available. Use your focused awareness to be aware of the spaces between the words. Words ... spaces ... relative balance ... proportional wakefulness ... holistic expansion of awareness. We are here and it is now, and our presence within this moment is the only experience of true reality we ever have. Words ... spaces ... the Balance Position.

Let us continue ...

I have updated the Socratic Method with a contemporization of Socrates' most famous statement, *“The unexamined life is not worth living”* to *“The unexamined mind is not worth having”*. Applied to the evolutionary cycle of relative reality, the Synchronicity Socratic Process is a truthful and effective means of inquiry into the data of human experience.

Let's continue with a little review. It all begins in the involutory cycle of human experience. Through the principle of downward causation, consciousness densifies into energy and then into matter (downward causation) for the purpose of fulfilling its primary intention to fully be itself through the experience of itself. However, it can only do so through imbalancing itself to the polarity of form, of manifestation. Consciousness is always One. There isn't anything else, and a One cannot truthfully experience itself except through its opposite —

illusion — within the relative field that governs all experience. Therefore, it must pretend to not be the consciousness that in truth it is.

Consciousness creates the ego as its instrument of illusion, of pretense and fantasy. The ego identifies itself as a subject to all of the objects in its experience and illusorily separates itself from them. It experiences itself as separate and different from everything in its world and, through attachment and identification, creates illusory stories about its experience. Yet again, this is illusion, pretense, fantasy, because there can be no truthful identity separate and different from the one consciousness that is all .

The illusory stories that come from illusory thoughts and beliefs are simply not true. It's the ego-driven mind creating a virtual reality. Yet a forfeiture of self-awareness in the progression of the involutory cycle prevents the wakefulness necessary to see this total investment in illusion and that the stories the ego creates (about who we are and what life is), is illusion. It is life experienced in a virtual reality. It is not real. Virtual reality is the experience of who we are not. It is the experience of the ego-driven mind, and it is unexamined because truthful awareness has been forfeited.

For example, the experience of true reality is that both polarities of the relative field are the same consciousness. The subject and the object are not separate and different from each other. You and I in this very moment, in truth, are the same consciousness. All objects to you as a subject are really the same consciousness that you as a subject are because there is only one consciousness as all and everything. To believe that you are separate and different from everyone and everything is illusion. The illusion is generated by the ego and the ego-driven mind, and it creates a virtual reality of separation and difference. But it is not real. It is not true.

When we are full in the experience of who we are not — the experience of separation and difference, the experience of illusion — the involutory and evolutionary cycles balance and awakening happens. We awaken to the truth of who we are and what life is as one consciousness. We experience glimpses of true reality. We perceive the reality of unification of the two polarities of the relative field. We experience wholeness or oneness. Subject and object are experienced existentially as the same consciousness. Thus begins the evolutionary cycle of human experience and the progressive process of ever increasing integrative wholeness.

However, in the post-awakening period, one still remains dominantly identified with egocentric, virtual reality and it must be progressively dismantled.

Pause ... breathe ... be wakeful ... actualize the Balance Position ... words and spaces ... subject and object ... same consciousness. Both polarities are simultaneously existing. The words and the spaces ... the subject and the object ... balancing of the polarities results in wakefulness, and holistic awareness expands. We are here and it is now, in the eternal now of true reality as one blissful consciousness. Let's maintain this wakeful focus as we continue.

The evolutionary cycle is based on the principle of balance, and it begins in our dense dimensions — the physical, emotional and mental. With progressive balance within each of these dimensions, we begin to experience truthful insight into our illusory nature as created in the involutory cycle. We first become open to the conceptual understanding of our experience. Then with the emergence of wakefulness and witness consciousness, we begin to develop truthful awareness. This is where the Socratic Process of Inquiry becomes most important.

It is here that we can truthfully begin to see the data that determines or flavors our reality. It is most important that our focus be constantly directed to this wakeful awareness. We observe that we think thoughts and believe them, and they become our beliefs that form the stories we unconsciously believe. They create our reality, our virtual reality. Yet, if we would examine these thoughts and beliefs and stories, we would find that almost all are illusion and not true. Here is where a very simple question emerges, "Is it true? Is this story, this thought or this belief that I have -- this data, is it true? Or is it false?" In other words, first comes the sorting out of what is true and what is false within our data base.

Our illusory stories far outnumber the truthful ones and many are habitual and deeply unconscious and automatic. Thus, a wakeful, self-aware examination process is essential to disempower habitual egoic experience ... to question our mind ... our thoughts and beliefs as to whether they are true or false. This process is required to make the unconscious conscious.

Once a thought, belief or story is revealed as false (or in other words once we have questioned it with focused awareness and revealed to ourselves that it is not true), it must be restated as truth and reprogrammed as truth. Our illusory, fraudulent stories must be changed from fiction to non-fiction. If we do not examine and change them, we maintain them and identify with them. We become attached to our illusory data and maintain our ego-driven virtual reality.

For example, right here and right now, if you are not remaining wakeful you are investing in my words, my thoughts and stories, and becoming identified with them. It's the

imbalance of the words over the spaces. But if you remain wakeful in the Balance Position of the words and the spaces, there's a detached observation of both polarities, a dis-identification. You are merely a witness of the words and the spaces, a witness of the two relative polarities, and the longer you maintain your witnessing consciousness, the more you remain detached as a unified consciousness.

The consciousness that watches is the same consciousness as both relative polarities. Words ... spaces ... consciousness. It is a witnessing consciousness that watches itself as both polarities. No identification of the words and their meanings, just the witnessing of them.

Throughout the process of wakeful self-aware examination, one will find that the ego-driven mind has but one dominant story, "It should be other than it is ". For example, he should be other than he is. She should be other than she is. The world should be other than it is. Whatever it is, it's not OK the way it is. It should be other than it is. That person is fat. That person is difficult. That country is violent. That group of people is too fundamentally religious. In every case, it should be other than it is. But wakefulness and truthful inquiry reveals the truth to be as it is. The truthful statement then is, "It is as it is, not other than it is".

Let's take an example of this. Let's say that you have a friend named John who is shy and retired in his expression. In your mind you say that John should be dynamic and outspoken. In doing so, you have just created an illusory story about John that will not affect him but will affect your experience of him because you are thinking he should be other than he is. And in truth he's not. To be truthful, you must examine that story and determine if it is true or false. John should be more dynamic and outspoken. Is John dynamic and out-spoken? No, he is not. He is shy and retired. Your story about wanting him to be other than he is, is false. In truth, you simply say that John is the way he is ... shy and retired, and you allow him to be the way he is, not the way you illusorily think he should be. In this way, you flow with what is ... as it is ... rather than creating fictional stories about it and say it should be other than it is.

Ultimately, through the Socratic Process of Inquiry, one is left with "seeming" truthful data. The illusory, virtual data has been sorted and dismantled. However, there is another most important step that must be taken. It is to examine one's remaining 'truthful' data for what is really true in terms of experience and what is only intellectual concept. Here there is a standard that must be applied. It is that truthful data is experiential and conceptual data merely points to the experience.

I often use the word 'Now' as an example. Thinking or saying the word 'Now' may be conceptual in that it points to linear time-space. However, the truthful experience of 'Now' is holistic wakefulness of the happening of consciousness here and now—the experience of a unified witnessing consciousness watching both polarities as the same consciousness. The resultant experience is the experience of truth, of blissful consciousness. “Now” is thus only real as the experience of blissful consciousness within the 'Now' of its happening and not as an illusory concept of linear time-space.

The mind-intellect has much “seeming’ truthful data that is merely conceptual in terms of only defining an experience. We must be wakeful in constantly examining the mind for truthful (real) versus conceptual (virtual) data. Again, our question must be, “does the data deliver the experience of blissful consciousness as witness and witnessed”. In other words, a ‘truthful’ statement must deliver the experience of ‘true’ reality. If a seemingly ‘truthful’ statement does not deliver the experience of ‘true reality’, it remains conceptual. It must be identified as such and changed and reprogrammed from conceptual data to truthful data that delivers the experience rather than merely pointing to it.

Another pause is appropriate. Breathe... words and spaces...Balance
Position...wakefulness ... a witnessing consciousness in the here and now of its happening watches itself. There is only one. It is here. It is now. This is about experience, not mere concept. The word *Now* refers to this experience. The word *Now* actualizing as the existential experience of consciousness here and now is truthful data. Unless it delivers this experience of conscious existence, blissful consciousness here and now, it is not true.

The Socratic Process of examining the mind finds its completion in going to the source of our database wherein we finally determine if our data is experiential or conceptual, real or virtual, true or false. It is our final look at whether we are still telling stories about blissful consciousness—the oneness of all and everything—rather than experiencing it. With the experience of blissful consciousness we remain holistically substantiated and relinquish all of our illusory data about it. We continually examine our database for any data that surfaces to insure that it delivers the experience of true reality, the experience of blissful consciousness. Otherwise, we extract that data, change it to the truth, and eliminate the illusion.

And when the mind and its illusory database have been disempowered, it is transcended, and even truthful words and statements are no longer needed in the evolutionary process. The mind is dominantly still. The gateway of the heart-field is open to the interaction of universal and individuated consciousness. It is then that stillness progresses to emptiness

and ultimately to wakeful nothingness. There are no illusory beliefs and thoughts, no stories, no data. What remains is the wakeful nothingness of unified consciousness and its experience of bliss.

Then, one can truthfully make the same statement of Socrates when he said, in his substantiation of wakeful nothingness, “All I know is that I know nothing”. Life, consciousness, is inherently blissful. It is joyful by nature. Seeking happiness outside of ourselves is an illusory story we believe in. But the primary intention in consciousness, the consciousness that we are and that all is, is to simply be. Our only purpose, our only intention then as consciousness is to simply be, to exist. And we only exist here and now. We are being, and in our being we are joyful because joy is the nature of the consciousness that we are being. No thoughts ... no stories ... no illusory beliefs are necessary for anything. All I know is that I know nothing. I simply am. All else is a story. I could ask you the question: How are you? And you’ll begin by saying “I am” and then you’ll add a story to it. “Oh, I’m feeling a little off today. Oh, I’m fine.” Really, the truth is, “How are you?” “I am.” Nothing else is necessary. Being blissful consciousness is truthful experience, truthful reality.

Breathe. Maintain your wakefulness. Words ... spaces. Subject ... object. We are here, and it is now. Simply being ... existing as blissful consciousness. All else is illusory stories about who we are and what life is. The Socratic Process assists us in relinquishing the illusory stories so that we can just be who we truly are.

The Synchronicity Socratic Process is designed to take one beyond all data and into the experience of true reality. In the Synchronicity Socratic Process of Inquiry the authentic Master is the optimum facilitator. The Master’s thoroughly trained and experienced facilitators are also employed in the process.

You now have a better understanding of how you create your own reality. You are better able to answer the question, “Is my reality true or virtual?” You should be able to see where you are invested in the illusory stories of your life—where you would like something to be other than it is. But remember, an eye cannot see itself. Thus, one must have the assistance of the master in the process. This assistance is available in our Recognitions and Personal Mentoring Programs. And if you would like to continue this process of understanding, of course, we offer a course that takes this subject to a deeper level—Reality: True or Virtual—Applying the Synchronicity Socratic Process of Inquiry.

This completes our overview of the Socratic Process of Inquiry within the context of Modern Spirituality. I trust that it will assist you in your ongoing exploration of the modern spiritual experience.

In conclusion, are you in the Balance Position? Are you aware of the words and the spaces between them, a focused awareness on both polarities. Emphasize the non-dominant spaces. Create the balance that supports wakeful holistic experience, and within your wakefulness turn your gaze upon yourself and examine your stories. Be a Socrates yourself. Is it true or is it false? In this way you will relinquish the illusory data, and replace it with the truth of who you are and what life is as one blissful consciousness here and now in the eternal now of true reality.

So once again I take this opportunity to welcome you in awareness of our oneness.
Yes!