

The Path to Knowing

Jin Nua shares how observing the structure and creative process of nature led to an entirely new world of understanding

“You’ve felt it your entire life, that there’s something wrong with the world. You don’t know what it is, but it’s there, like a splinter in your mind, driving you mad. It is this feeling that has brought you to me”

From *The Matrix* (Lana and Lilly Wachowski)

I always knew something wasn’t quite right. That things weren’t fully as they seemed. That something greater must lie beyond the world of cars, roads, buildings, and television screens that seemed to encapsulate my entire reality.

I remember this feeling vividly. A faint unease, and a longing for deeper and more essential things. I suspected that beyond the surface of reality in which we dwell, there must reside something more meaningful. I was yearning for a richer understanding of what it all was about and how the world truly worked.

I caught glimpses of this hidden world throughout my youth. Whether it was from an exceptionally insightful discussion, viewing crystals on a frozen window pane or a moment of intensity when overlooking an expanse of ocean waves – each seemed to open a temporary window to greater possibilities.

My interactions with others didn’t help to relieve my situation. In fact, they only served to reinforce my suspicion that the reality in which we live was only part of a larger picture. Why I felt this way was, confoundingly enough, because everyone seemed just too certain about what they knew and believed.

For instance, I remember wondering why everyone, no matter where they were from, all seemed to speak and act the same way as though working from the same script. Was there a book of social instructions I missed along the way? I also wondered why everyone believed that only certain things like sports, big business, and the goal of winning were

good while things like art, spirituality or a second place finish were valueless. Shouldn’t everything have some merit of its own?

The tension between what I was taught and a potential larger reality lasted well into my thirties. It was like a splinter in my mind, making me weary and constantly on the lookout for signs of something more real.

Transformation

Then, one day, everything changed. Over the course of a few short weeks, a budding intuition of my surroundings sparked a powerful spiritual epiphany that forever changed how I viewed the world, and ultimately removed that nagging thorn in my psyche. However, before we can begin to understand how this experience so fully transformed my life, I should better explain about my old worldview and how it managed to so thoroughly shape nearly every aspect of my life.

Prior to my transformation, my world emanated from a domineering and seemingly all-encompassing set of belief systems centered on all things human. A fully integrated framework of rules, systems, and institutions that provided me with all the meaning and context I would seemingly ever need.

My life felt quite full and content. Having never been exposed to an alternate reality and fully immersed in its dense thicket of experience, I was unwilling and in fact incapable – of seeing anything behind the surface of the man-made artifacts and experiences that so fully jam-packed my old life.

Fully completing the all-too-human picture were strong social feedback systems (media, schooling, and pop culture) that fully reinforced the notion that anything outside the sphere of human enterprise was of little value or significance. In fact, we all learn from a relatively young age that ‘other things’ such as trees, bees, mountains, flowers, and moons are of little interest or worthless – except, perhaps, for their possible use as

something to consume or conquer. While this was well and good for the species (and in fact helped keep me safe from today's largest threat to the individual/social compliance) in the short-term, what I came to find was that this human-centric outlook was also ultimately narrow and, in its worst expressions, destructive.

The Natural World

As the walls of my old worldview came crumbling down, my centre of attention shifted to a deeper, more essential wellspring. A single and unencumbered point of view that only sought to experience the world directly as it is and not how it 'ought to be'. No longer subjected to a rigid set of belief systems that narrated my experiences, my worldview expanded rapidly to a much broader, panoramic-like perspective – and what I saw was nothing short of life-altering.

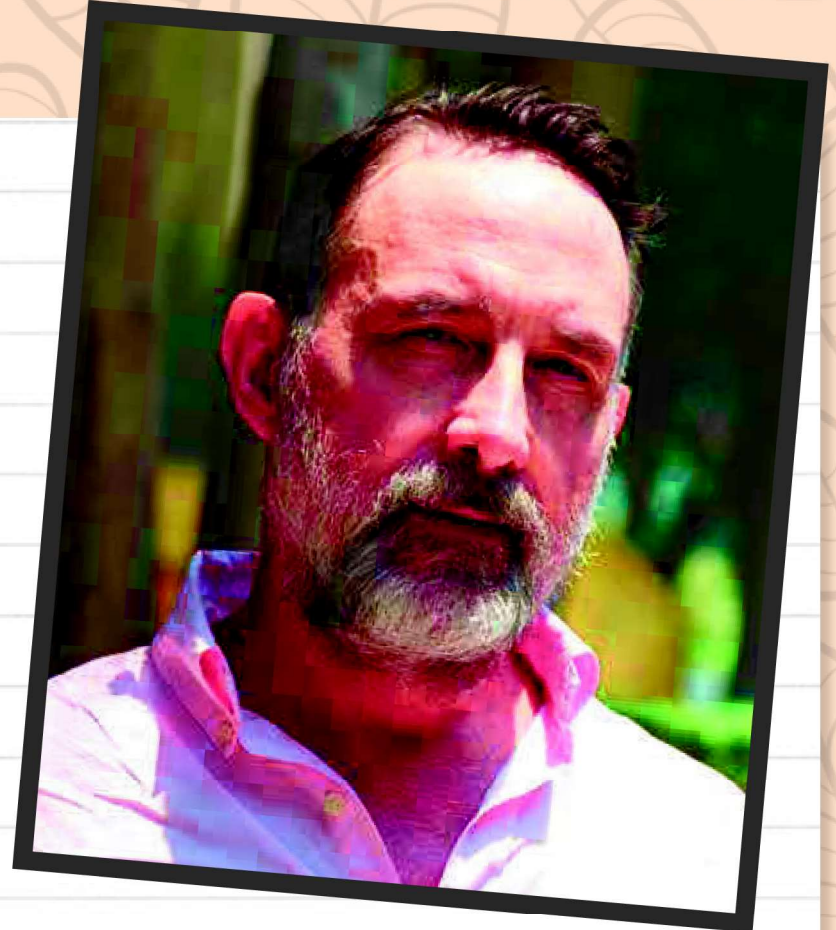
For a while, though I still recognised man's world as exceedingly significant – and indeed that we are highly sophisticated participants in the vast arena of being – I also recognised it was merely a small part of a much larger, infinitely amazing sea of existence.

Outside the world created by our up-close-and-personal experiences of television, homes, cars, streets, stores, offices, and relationships lay a colossal universe of exceeding allure and wonder – a much wider, deeper world filled with breathtaking mysteries, intrigue, and boundless beauties.

Even more essentially, I discovered the natural world possessed wisdoms that engulfed and extended far beyond man's paradigms. I discovered the timeless, absolute, and sacred wisdoms of symmetry, balance, beauty, and holism we have increasingly discounted over the last 200 years by a belligerent and uncompromising mindset called industrialism.

Having come to see the world more as it truly is, I also experienced a radical shift in how I viewed and wanted to interact with our planet. Having shed my human-only beliefs, I was no longer capable of viewing nature as something unworthy, undeserving of our consideration, or simply as a resource for consumption. I came instead to view it in its good and rightful place – squarely at the very heart and soul of our existence, a source and sacred centre of ultimate truth.

Numerous new avenues of imagination, thought and creativity I had never imagined possible opened up, including the following:



- ✂ I came to see and appreciate the interconnectivity of all things
- ✂ The breadth of my imagination expanded dramatically – I was able to dive down into the hearts of atoms as well as soar across galaxies
- ✂ My appreciation of great thoughts, art, literature, and music became tangible and deeply heartfelt
- ✂ My ability to express thoughts, art, literature, and music expanded tremendously
- ✂ My ability to conceptualise and stitch larger ideas together increased dramatically
- ✂ Spirituality transformed itself from a marketing slogan to a deeply-felt emotion
- ✂ I came to realise that I didn't know everything. Surprisingly enough, I appreciated this as a strength since it kept me curious and attracted me towards deeper understandings

I believe we must all start viewing the world in a new light. We must begin to root humanity's needs in a larger holistic world to ensure we make the best decisions and live healthier lives. Little by little, conversation by conversation, and ultimately from generation to generation, we will begin to transform our human-only worldview into something richer, broader, more meaningful, and more in touch with what's real and right.

It is this vision – the reawakening of our souls and reintegration of nature's timeless wisdoms into the hearts and affairs of men – that provides hope. ●

Find out
More...

✂ Jin Nua's latest book, *Centerlife - Happiness by Design* (Kindle, £2.99) is available online
✂ Centerlife.center

