The way of wonder...

Stand-up philosopher and spiritual seeker, Tim Freke, invites us to step into a wondrous world of mystery, oneness and deep love.

Ever since a spontaneous awakening, when I was a twelve-year-old boy, I've been exploring spirituality. This led me to study and eventually to write books about all of the major spiritual traditions of the world. In my latest book, The Mystery Experience, I've drawn on this perennial wisdom to create a revolutionary new way to awaken, which combines lucid philosophy with simple practises to make the 'deep awake' state easily accessible.

Since I've been sharing my new approach to spirituality with people, I've been astonished by what has happened. Nearly everyone who comes to one of my 'mystery experience' retreats experiences a profound awakening over the course of just three days. This has convinced me that the 'deep awake' state is available to all of us if we approach life with the right understanding and practical tools.

It's hard to describe the awakened state with words, but I'm going to give it a go. When I immerse myself in the deep awake state there's an awe-inspiring sense of oneness with the universe. It feels as if I'm dissolving in an ocean of love. The search for meaning is resolved into a wordless understanding, which is so deep it must be felt, not thought. There's the silent certainty that all is well; and such a feeling of relief... like coming home.

looking afresh

When I am deep awake the familiar world is transformed into wonderland. My sensual body comes alive. I am amazed by all I see and hear and touch. The mundane becomes magical. It feels as if I am seeing things for the first time and I am overcome with gratitude for my life.

I want to suggest that this awakened state is available to everyone all of the time. It's available to you and I right now. The doorway into the 'deep awake' world is wide open, we only need to enter in. And the way to enter in is easy. We simply need to remember to wonder. We need to rouse ourselves from the numbness we call 'normal' and become conscious of the breathtaking mystery of existence.

If you wonder deeply enough you will spontaneously start to awaken. It's as simple as that. In my new book I take the reader on an extraordinary journey that starts with simple wonder… and leads to the discovery of the 'deep self' and the bliss of 'deep love'. In this article I want to invite you to begin that journey by experiencing a moment of profound wonder right now!

I want to encourage you to perform a simple experiment…
I want you to wonder and then to notice what happens to your state of consciousness.
I want you to see that you really don't know what life is… nobody does!
I want you to see things as they really are… utterly mysterious and miraculous.

the present tense

Shortly before he died of cancer the British playwright Dennis Potter did a moving interview, in which he shared the wonder that arises in the face of imminent death. Have a look at this and get what he is trying to tell us:

". . . at this season, the blossom is out in full now. It's a plum tree, it looks like apple blossom but it's white, and looking at it, instead of saying 'Oh that's nice blossom' ... last week looking at it through the window when writing, I see it is the whitest, frothiest, blossomest blossom that there ever could be, and I can see it. Things are both more trivial than they ever were, and more important than they ever were, and the difference between the trivial and the important doesn't seem to matter. But the nowness of everything is absolutely wondrous. There's no way of telling you; you have to experience it. But the glory of it, if you like, the comfort of it, the reassurance... not that I'm interested in reassuring people - bugger that. The fact is, if you see the present tense, boy do you see it! And boy can you celebrate it."

I want you to see things as they really are... utterly mysterious and miraculous.

To be alive is so precious, so magical, so astonishing. Dennis Potter could see that as he was dying. But why wait until you're dying? This moment right now is a mind-blowing miracle… and this is obvious if you simply take a moment to wonder. As the American author Ray Bradbury says: "Stuff your eyes with wonder... live as if you'd drop dead in ten seconds. See the world. It's more fantastic than any dream made or paid for in factories."

wake up!

What happens if you wake up to the wonder of life and immerse yourself in the mystery of this moment, here and now, as you are reading this article?

Be conscious of your life, with that deep part of you that appreciates music and art… that feels the beat and dances to its rhythm… that finds truth in poetry as well as theory.

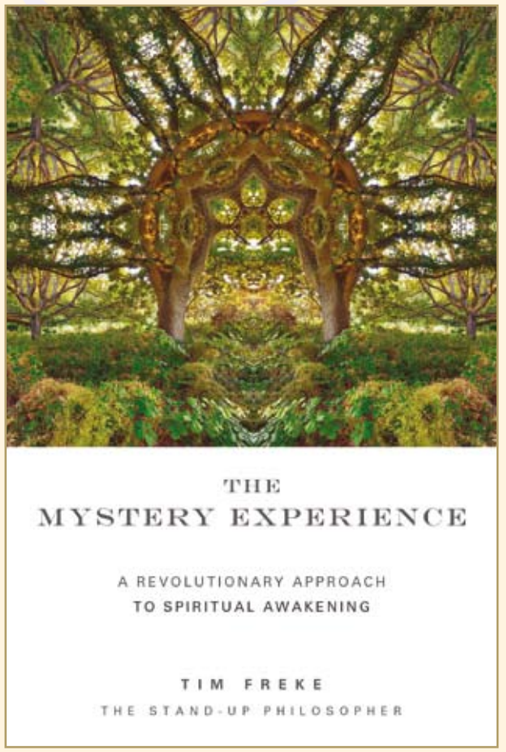
Dive deeply into wonder and the world will start to sparkle.

There will be an experience of intense gratitude that arises when you see how glorious life really is.

There will be an experience of immense humility that arises when you see how impossible it is to comprehend such a mystery.

wonder with me...

There's a great phrase used colloquially in some areas of Pennsylvania in the USA. They say 'it wonders me'. I really like that because life wonders me deeply. Wonder with me.

It wonders me that the world is so rich and vivid.
It wonders me that the universe is so vast, yet full of exquisite detail.
It wonders me that I am alive and experiencing this precious moment.
It wonders me that I can think and feel and sense and imagine.
It wonders me that you are you, yet I am me.
It wonders me how good it feels to simply be.
It wonders me that I could ever forget how much I love being.
Does it wonder you?

TIM FREKE is an inspirational philosopher and an internationally respected authority on world spirituality, who is often featured in the global media. He is the bestselling author of many groundbreaking books translated into 15 languages, including The Mystery Experience (Watkins Publishing 2012). He runs 'mystery experience' retreats internationally, in which he guides others directly to the deep awake state. www.timothyfreke.com