

Topic: I Know This Much is True

The Inversion
by Liz Gibbons

“If I had a world of my own, everything would be nonsense. Nothing would be what it is because everything would be what it isn't. And contrary-wise; what it is it wouldn't be, and what it wouldn't be, it would. You see?” Alice in Wonderland

I have come to realize we are experiencing a great inversion. The world is upside down. Often the truth can only be found by inverting what we are being told. The media tells us what is going on in the world, but most of it is lies or a distraction from what they don't want us to be aware of. We are kept in a state of confusion as stories change. Scientists who may have a limited understanding of the nature of reality, tell us how the world operates, and their theories constantly change. We eat food that is genetically modified or contains toxic chemicals, and we accept that is okay. Our freedoms are constantly restricted to protect us. People who write or speak the truth are often censored. Doctors give treatments to supposedly make us well, and yet their treatments are often more deadly than the disease. Bankers lend us money that does not exist and charge us interest on it. Liquor stores are considered essential, but in many states, worship services are not. Our country is in a state of moral decline that is accepted. We are programmed by what I'll call the System and are not aware of the depth of its control over our lives, and we think we are free.

It is obvious that much in our world is absurd. Like Alice, who woke up from her dream to reality, I believe we are waking up to the truth behind much of the craziness of this topsy-turvy world. Perhaps we can learn a lesson from the eagle. When there is a storm most birds seek shelter, but the eagle rises and flies above the storm. For us this higher state means getting out of the mind where fear resides and living from the heart in a state of joy and love. The HeartMath Institute says the heart is the gateway to intuition and knowing, but the System's inversion of reality suppresses the heart connection and keeps our attention in the brain. When your heart is open you have empathy and express kindness, compassion, and generosity. You can't be a psychopath when you have an open heart. In our society of dog eat dog, get ahead at all costs, and winner takes all, you are in the head system. I believe it is the heart that will get us through these chaotic times.