

No Protection Necessary: A Guide to Sleeping With Books and Other Alternative Learning Methods

by Ari Moshe Wolfe

When it comes to the experience we often call “learning”, there is a widely held assumption as to how it must happen. I think it’s important that we challenge these assumptions. This article will share a perspective on how creative and magical our learning experiences can be.

An Insight

I wish to present a synthesis of two concepts you may already be familiar with.

Homeostasis: If you look at any organism, you will find that a particular balance of energies is always in process of being maintained. We find this on our planet- increase in pollution affects natural reactions. We find this in our body- the body will naturally adjust itself whenever something happens to it. All organisms are seeking a particular balance in all moments.

Synchronicity: Life is always in communication with itself, with no exception. Often times this communication may appear mundane or merely coincidental. You looked at the clock and for the third time in 2 days it read “3:33”. Or you keep on finding dimes on the floor. Or you were thinking about writing a letter to a lost friend when you suddenly witness two people forgiving each other. At first these events seem like strange “woo woo” experiences. However, with increased awareness, an elevated comprehension of phenomena and of ourselves begins to arise.

Homeostasis is a state of synchronicity: Homeostasis always is- if I do something, life adjusts itself to maintain a particular balance. Also, everything is a synchronicity. Synchronicity *is* the natural state of balance.

For example, thought is a synchronicity. When a thought arises in our mind, life is striving to maintain homeostasis via that thought.

Awareness increases the potency of synchronicities because life is naturally reacting to our awareness with greater potency. Awareness is a natural factor in homeostasis.

In this sense, the more we live with intention and awareness, the more profound the synchronicities.

An Experiment

What follows is a natural guide for a very exciting way of learning:

- Take a book you would love to read. This is a book you are interested in.
- Spend some time feeling your interest in the book, get excited about the book. Contemplate the wonder of the topic, feel gratitude. This step is important because your interest in the book is the energy that enables you to learn in the first place.
- In any way you wish, simply affirm that you desire to learn. Be as one with the desire as possible.

The rest is up to you. You may put the book under your pillow, sleep next to it. All that doesn't really matter- they are just techniques for connecting us to our intention. You don't even need the book in your possession for this to work.

What happens next is always a mystery and always a surprise. It's important not to doubt your experiences. The more we practice this, the easier it becomes. Try this again with the same book or maybe another book on a similar topic (this is excellent if you are studying something like astrology).

Here's another way:

If you wish to learn something, take a walk and (without analyzing) allow communication to happen. See what arises in your awareness.

Remember, random thoughts and memories are not less of a synchronicity than witnessing something with your eyes. If your intention for learning is strong, then life will naturally adjust itself to your intention. If your intention is weak, then your experiences will reflect the haziness of your intention.

The possibilities for creative experimentation are as infinite as your imagination.

Dream Learning

When I was first studying astrological Uranus, I bought copy of the out of print book "Uranus: Freedom from the known" by Jeffrey Wolf Green. As I was reading, I found a general intellectual understanding, but I didn't quite grasp the underlying meaning of Uranus.

Casually, with no expectations, I decided to put his book under my pillow. I didn't meditate on my intention. Like a child learning to read, I was excited and curious. And that was enough. This is the dream I had that night:

I am at some memorial park. At this park there is a large plaque dedicated to the transits of Uranus through the astrological signs in the past 100+ years, and even into the future. I read it all- but I didn't read it with my eyes, the information on the plaques just made itself known to me. I recall a question was written under the Uranus in Aries section (which will happen in a

few years) “Will a dictator be the only way?” Then, I had a flash of perceiving utter devastation and poverty worldwide. It seemed as if the entire world was sick and many people were afraid. There was a sense of emptiness and futility in life. Many people were waiting for the “right political leader”.

I woke up astounded. I quickly wrote down all the details I could remember. Then, I began reading the book. As I was reading, I noticed something. I was able to relate the words to an inner knowing that I couldn't explain. This made the reading process *very* enjoyable as I was no longer seeking new information; rather I was building form and structure around what I already knew.

Let Life Provide the Answer

Often times, due to the variance in house systems, or uncertainty about exact birth time- I am not able to determine the exact placement of every planet on a client's natal chart. On one occasion, I wasn't sure if my client's south node was in the 9th house (of philosophy, religion, belief systems, seeking etc) or the 8th house (of transformation, death, sex, intimacy, shamanism etc). So I took a walk with awareness.

I was decisive about walking and not thinking about the chart. Otherwise, thinking would be my experience. My walk was beautiful. I felt calm and relaxed. I trusted life.

After some time, my neighbor greeted me and asked,

“Hey, have you ever read the bible?”

“Yes! Why do you ask?”

We talked for a bit about the bible, and then about religion in general. After my walk, I returned to thinking about the chart. Suddenly, it hit me! I had no doubts about placing the south node in the 9th house.

You Are More Than You Think

The more you practice learning in this way, the more space you create within yourself for a direct experience of knowledge. You are releasing old beliefs about the limitations of learning, and embracing a more expansive understanding of mind. There is absolutely no limit as to what synchronistic events may befall you. Be wary of the ego that says “yeah but...”

The message of this article is to play with the mind. Question its limitations and validate your imagination. Life (including me and you) is far more magical than we could ever think- and that's precisely because the magic of life is beyond what can be thought.