

Dancing With Words Dancing With Wisdom (3)

Eva Charlotte

Dr. Janet: I am excited this morning to be speaking with this particular guest. Eva is an acclaimed facilitator of transformation. She inspires deep and lasting change through her presence, her wisdom, and her ability to allow existence itself to flow through her, so that those who are in her presence can live a more empowered, happy, productive and peaceful life.

She has created Rise, which we'll talk about a little bit later. She is currently actively facilitating and the Founder of Global Peacemakers. We invite you to join that group and contribute to co-creating world peace.

Welcome, Eva. How are you?

Eva: Thank you, Janet. I'm fantastic. I'm excited as well. It will be really fun to be here with you, all of you.

Dr. Janet: Eva and I met in New Zealand a little over a year ago. Let's start with a very deep and serious topic.

It's interesting to me, the various words that you and I together have stuck on this. You talk about your “brush with the angel of death.” I think instead of “flirting with the angel of death” — a little different energy there. You were also using words like “you thought you were involved in sophisticated suicide attempts.” Why don't you begin by telling us some of these absolutely stunning stories and experiences in your life?

Eva: Oh, wow, so many different directions with that one. What you're referring to, as what I consider a “sophisticated suicide attempt,” was an accident I had many, many years ago while skydiving. I was 30 at the time and highly successful in my life. I was living a powerful life, and anyone who saw me would see a successful, happy, independent, strong woman.

But I was miserable. Life didn't make sense to me at all. I really didn't want to be here. I did, but I couldn't make sense of it. I felt I had tried everything to really be truly happy, not the façade and the story of being happy, but really being at peace and content and fulfilled with whatever was going on in the state of the world and how people lived their lives, including myself, out of fear and protecting me and mine and all of that. None of it made sense to me.

I had this moment in skydiving where, in the plane on the way up, I had a vision where I saw myself skydiving and having to pull the reserve. In this vision, I knew I was dying, because when the reserve parachute breaks, there is nothing to save you. The choice I was placed in with this vision was "Do you want to live or die? Choose now because you only have seconds until you hit the ground."

To my utmost surprise, it was clear to me that I wanted to live, and it had nothing to do with fear of death. It was love of life. Like in a hologram, I saw how I was living my life from a place of victimhood and powerlessness. There was no judgment of that. It was just very clear that I'm alive, but I'm not living my life. It was so clear that I really wanted to live my life. I didn't quite know what that was, but I knew I was here for something.

I made a choice. I'm still in the plane, I'm dreaming, and I made a choice in a way I had never made a choice before. With all of my presence, all of my power, I want to live. It was no doubt, no hesitations, no conditions, none of that. It was just "I want to live," full on.

And then I did add a condition because my logical mind still knew that hitting the ground, without a functioning reserve parachute, I would be crippled, and I didn't want that. I added "And I want to have a healthy body."

Then my rational mind caught up with me and pushed this story out of my head and started focusing on jumping out of the airplane. It never occurred to me to not jump. It never occurred to me. Someone asked me that question years later, "Why did you jump?" I was stunned by the question because it had never occurred to me. I did jump and exactly that happened. I had to pull my reserve and it broke.

There was a moment of complete fear, nothing but fear, and then that shifted. The fear felt like forever, but it can only have been seconds. Falling time is very short, maybe 15 seconds once the pressure is out. Then the fear just went away, and what I experienced was something that changed my life.

I had had glimpses of it, but all of a sudden, I was fine. I was completely at peace, completely content, happy, and the upcoming death of my physical body was irrelevant. It didn't matter at all. I was fine. My body was about to die, but I was fine.

It changed everything. I smacked into the ground. I survived. It's a long story. I didn't get hurt at all. It's a miracle. It was a total miracle. That's the story of it.

But it changed me. I realized that I had pulled the situation in because I really kept saying, "I don't want to be here. I don't want to be here. I don't want to be

here." And then I was presented with a choice. "You say you don't want to be here? Choose."

I chose, and life responded accordingly. So not only did I get to experience that "I'm something other than this human." I got to experience that "I had the power to actually choose and manifest and create in my life." It changed everything, Janet.

Dr. Janet: I get that because I, too, was once at a point where I had to make that kind of a choice. It was either you roll over and die, or you pick yourself up and you take the next step. I chose to pick myself up and take the next step.

Before we go into your second story, Eva, just a quick question about these words that we're using. You talk about your "brush with the angel of death," which sounds like a much more passive interaction to me. I see you as "flirting with the angel of death" as you're trying to decide whether to stay in this physical world or leave, whether you want to live or to die. Is there a different energy for you between those two concepts, "brushing with the angel of death?"

Eva: Yes, very much so, yes. When I used those words in our communication, it was really in reference to the story I just told with the skydiving accident.

Back then, I was very unaware and very passive because that's how I lived my life. I wasn't looking consciously for death. I wasn't aware I was pulling that in by saying, "I don't want to be here." It was just so much confusion. Really, the word "passivity" that you're using is perfect, and the concept of death as something I would walk together with through life wasn't available in my conscious mind at all.

But through that experience and having a brush with death, and realizing that what will die is my physical form, not me, all my fear of death went away just like that. It was never really strong in the first place. But just for the physical being, it's always strong. The animal, the human wants to live. But all of my mind-based fear was absolutely gone.

After that experience, I feel I have had more of a "dancing with the angel of death." Life and death are really so much a part of our physical experience here. I am life itself. I cannot die. That's my belief. The physical birth and physical death of my body is something that is beautiful, both of them. Being close to death in every moment makes my life richer. It can happen in any moment in time, any moment. I might not expect to die right now, but it could happen.

Having that very close and dancing with it, being intimate with it, as it is now in my life today, is something that is very present, is very intimate. I am very much

here in my physical being, and perceiving and being with whatever is coming up in my physicality, whether it's physical or emotional or mental. It's an intimate dance all the time. Life and death are coming and going, because a belief can come up, be birthed or it can die. Physical pain can be birthed and can die.

Life and death are so present all the time in this physical reality. It has become a joy for me now to be with that and see things be birthed or die. It's creation. I'm trying to create something and birth it through me. It's like a little baby and it starts growing up. Maybe it comes all the way to adulthood or maybe it doesn't. Maybe it dies before then, and there is no longer an attachment to my creations or my beliefs or pains or whatever it is. They come and they go. It's like clouds in the sky or waves in the ocean.

Being able to be very intimate with whatever is, whether it's coming or going and enjoying both sides of that is a completely different way of life that I had no connection or awareness of that, back in the days of the skydiving when I was talking about it as a "brush with death."

Dr. Janet: A couple more questions here. As we were talking before this program, we were communicating back and forth and we did have some frustrations. I kept wondering whether Mercury was in retrograde and didn't have a chance to check.

But one thought that came into my mind at that point was the Tibetan Book of the Dead, which is all about death and rebirth. It's a process that provides an opportunity to recognize the true nature of our minds. First of all, are you familiar with the Tibetan Book of the Dead? Secondly, do you have any comments about that thought?

Eva: I am familiar with the book, yes. This question is a big question.

Dr. Janet: I know.

Eva: Getting to know our mind is crucial from my point of view. Getting to understand our humanness is life-altering. Having the awareness that I am not my human forms changes everything and getting to understand how my body, my emotions and my mind are all part of this physical reality. They *are* of this world of matter. I am not. My body, mind and emotions will always be affected by this physical reality because they belong here. They are part of it. So, whatever is going on around me or within me will affect my body, mind and emotions and be affected by them, but I am something else.

Dr. Janet: One more question I wanted to ask you, Eva, before we move on to your second story. There's a sense, it seems to me, in which you hit a sudden turning point

where physical death is irrelevant because you are somehow connected with infinite life and infinite energy. Would you agree with that? Do you have any comments about that?

Eva: I would phrase it differently. I agree. What I would phrase differently — I would say that I *am* infinite life. We all are. It's not something I connect to because it's what I am. It has always been present in my life. I just wasn't putting my attention on it, which is what most of us do. We put our intention on this worldly world that we're in, this reality of physicality and other human beings and work and pleasures and adventures and pains and joys and all of that. That's where our attention is. "Essence, life, presence" is somehow overlooked, for lack of a better word, but it's always there.

My skydiving accident made me so aware of the fact that there is this whole other way of being. If I can be falling to my death and be completely at peace, why would I ever worry about not having enough money or my boyfriend saying something that I felt offended by or whatever other, little silly thing in this world? Why do I let these things upset me if I can be falling to my death and be fine?

So, my life quest became about returning to that place. I want to live like that. I want to live being what I am, not what I'm pretending to be, or what I think I am. I want to live with awareness and consciousness of me as presence, as alive, not as this human personality called Eva with all her beliefs of being good at these things or bad at those things.

I do now, much, much more. Not fully and completely. I still get pulled by the world. But I know how to open myself up again to all that I am and let that flow through me as opposed to my personality wanting to show.

I switched the drivers of my vehicle, so to speak, and it was a so-much-more-fun way of living. I do not want to go back. I do occasionally. Now I can enjoy that also. Look at what I'm doing. This is fascinating.

Dr. Janet: You also know how to flip yourself back into this state of presence.

Let's talk about that a little bit. I was in India in February with Andrew Harvey, and one of the things that really impressed me about the Indian culture was there are some gurus in India who "teach" — (I use that word "teach" very advisedly. I don't really like that word a lot. I like the word "educate" a lot better because to educate is to draw out something that is already there and bring it into the light, whereas teaching has a top-down feel to it of "This is what you've got to learn conceptually and this is what you've got to do." So, I like the word "educate.")

But in India, there were gurus who "educated" simply by being present. As Ram Dass would say, "Be here now." Do you have any comments about that, any additions, any re-phrasings you'd like to do?

Eva: Personally, I think that is the MOST powerful way to teach and something that I see as part of what I do, as well, the being present and staying in presence. Even if my humanity, my human aspect is having physical pain or emotional pain or stories, I can still be in presence. It's not necessarily about no longer having all those human things coming up. I think that's possible. That's one way of living.

But there's also a way of living with presence as the main energy, and everything else is arising within presence. If I have fear coming up, fear is present in my physicality and I am aware of it. It doesn't mean I have to become afraid. The fear is not pulling me into the reality. I can still stay in presence.

It's not about being separated and pulled back. It's about being incredibly present and intimate with the fear, but not allowing the fear to take me over. By being able to be in presence through all of that humanity, I feel that it's a very, very powerful way of teaching. I don't like that word either. But showing the way and sharing my presence so others can feel their presence through my presence, that's how I found my way back to my presence — by being with individuals who are able to just be present.

Stepping into that field, it's incredible. As I was learning it for myself, I could feel it when I stepped into other people's presence and how there was a moment of discombobulation and fear and discomfort and all my stuff was coming up and then it was so uncomfortable to be there. Then stepping back out, I would carry it with me, and then it would dissipate, because I wasn't able to stay in my own (presence).

Over time, by being in presence, I was able to find my way back to myself, me, I, as presence. There is something to be said for the spoken word.

Dr. Janet: I think that word "being" almost by itself holds the energy, being in whatever physical aspect of beingness that our physical lives, emotional lives, mental lives happen to pull us, in a particular moment. Being there, noticing it, and then making conscious choices about the next step. I don't know. What are your thoughts on that?

Eva: I think it's important to come to a place where you can be with whatever is. Whether it's what's arising in your own physical being — physical, emotional, mental — or whatever is rising around you, just being able to be okay with that

and still stay in your own center, in acceptance. It doesn't mean it's not hurting. It doesn't mean any of that. But you can be there.

Dr. Janet: I like that. Eva, let's switch directions a little bit and talk about your second brush with the angel of death — Lyme disease.

Eva: Yes, I've had many powerful and ruthless, through love, teachers, but nothing like Lyme disease. That's the most powerful teacher I've ever had. It's a true gift. I don't wish it on anyone, but it's been my greatest teacher.

I had reached a place in my life, after the skydiving, many years after I had done all the work and had reached a place where I felt I've really lived what I had experienced in the skydiving accident, I was so happy and content with my life. I would stay in the center, regardless of what was going on. I was calm, centered and happy, no matter what. Very little could pull me out of my center. I was living an amazing life and traveling the world and teaching and great family and all of that. Then I got sick.

A friend of mine who also has Lyme shared his story. He had a dream, once he got diagnosed with Lyme, and the dream was how he's driving his car and it gets hijacked. The people who hijacked the car threw him in the trunk, locked the trunk and then they're driving around in his car. They impersonate him so other people think it is him driving the car. It looks like him, but he's in the trunk banging to get out. "Help! Help! I'm in here! Let me out!"

That's exactly how it feels. I cried when he shared that. That's exactly how it feels.

I was always within me, but this bacteria and virus is like an invader into my physical body and into my central nervous system and brain. It literally takes over and runs the vehicle, the body, the emotion and the thought. All of a sudden, I went from being calm, centered and happy almost all the time to being reactive and paranoid and crying all the time.

My loved ones were saying, "What's going on with you?" It completely changed my personality, and I'm terrified. I'm not doing it. What's going on with me? It was terrifying. I had no control over it. Zero. I had all the tools of how to manage my emotions and my thinking and bring myself back to center and all of that. None of it worked. It was absolutely terrifying.

It's a long story and it just escalated. My life fell apart. I literally did not know what to do. I had tried "everything" with medical solutions. Nothing worked. I was at rock bottom.

I was alone in an apartment that wasn't mine. No place to live. No work, no money, all of that. I was crying all the time and completely paranoid and no control over my thinking. I couldn't control my mind. The bacteria were controlling my mind. Without your mind, there is nothing to create with. I knew all this. If I can't control it, I'm at a loss for what to do with it.

I ended up being invited by circumstances that came my way to go to the jungle of Peru to a shaman there. He was my last straw to get help. Before going there, I wrote a Will. I had a very, very clear choice again. I'm going to the jungle, and if that doesn't shift things, I'm not coming back. I cannot live like this.

People around me who see these things and know these things, they would ask me, "Are you going home? Are you leaving?" They could see that I was opening up to check out.

I had a close friend who did a healing on me, something called egg cleansing. That's traditional in Mexico and South America. When I had come back and decided to stay, he later told me that the last cleansing he did, he could see that energetically I was already checking out. I was pulling my energies out and leaving.

It was much, much, much more painful than the skydiving accident. The skydiving accident was something that I wasn't really aware of. I wasn't aware that I was creating it. I wasn't aware that I made a choice. I didn't shift myself, as I was falling, from fear to presence. That was not something I did consciously at all. There were no thoughts or emotions or anything around it.

This time around it was very much the same thing, but now I was so much more aware. I had to be with it all, which was very different. Very, very different. The first one was very physical. This one was much, much, much, much more emotional. All of that was there. It was very confusing and painful and rich with life, as opposed to separated from life.

Dr. Janet: What flipped the Lyme disease around? From hindsight, is there any one thing you can point to?

Eva: Inner work.

Dr. Janet: Was it a choice to live again?

Eva: Well, going to the jungle, like I said, was chaotic. Mentally, it was very chaotic. Emotionally, it was chaotic. Making the choice I'm not coming back if it doesn't change, and then being submerged in the jungle with no running water, no electricity, someone who only speaks Spanish — and I don't really — and just

being in something so rich as the jungle that's very alive and present, it's so present. I'm being with myself.

He was treating me with all his plants, and one of them was ayahuasca, which I never had any desire to do anything like that and never had, but it changed my life. I went from being so sick to feeling my old self again. It came back. It disappeared, but wasn't eradicated from my body, so it came back; but it never came back as badly. I go regularly to treat myself, and it makes all the difference from using something external. It was plant medicine that made a difference. But honestly, I feel that my inner work has been the core thing.

Dr. Janet: There are probably a ton of thoughts that you didn't have an opportunity to finish. Would you like to tie them together now?

Eva: Yes, it was just one thing around this second encounter and dance and intimacy and beingness with my death. Before I got the Lyme disease, I had trained so powerfully in how to be with my mind and my emotions, my thoughts, my emotions, my physical being. I knew I had to stay in the center of the hurricane. Then Lyme came along, and I couldn't. I had all the tools and none of it made sense to me. I had the tools, so why can't I?

Through Lyme, I realized that how I was using these tools was controlling my thoughts and emotions. I would feel something arise within me and I would say, "No, I'm not going there." I would suppress it or bypass it or walk around it. I wouldn't be present with it.

Through Lyme, there was no longer any way to avoid the physicality of human form with all of what that is — physical being and emotions. I had to be with it or I had to check out. I contemplated checking out again and decided, no, I need to move through this. I kept pushing and doing and trying to fix it. I'm a powerful being. I know I can fix this. And I couldn't.

It wasn't until I came into a state of surrender and acceptance that things started to change. I realized that is what happened in my skydiving accident. I was falling to my death, and there was nothing I could do. My humanness surrendered, accepted. At the moment, my humanness, physical form, personality Eva, said, "I can't do anything," I'm surrendering, Presence was present, and I was at peace and happy and content.

As I started doing that consciously, because of Lyme, everything started to change. Lyme came along to show me the way back beyond the doingness and the control that I still held on to. I thought I needed to do it, I being "persona," and "persona" has nothing to do with Presence. It cannot even comprehend it.

The concept, what we think we are is the “persona.” What we really are is Presence. Lyme brought me there. I had to surrender. I couldn't fix it. That, little by little by little, has brought me back to Presence, and it's just the most amazing gift ever.

Dr. Janet: There's a sense, it seems to me, in which that is just amazingly freeing, because once you accept, that first of all, you do not know how many physical years you've been given. You do not know when your physical body is going to die, which frees you up to live whatever time you have, whatever time you've been given, as fully and completely as possible.

Eva: Exactly.

Dr. Janet: There are a couple of directions we could go from here -- either into your third dance with the angel of death, in Ecuador, your heart failure, or we could talk a little bit about worldly power versus spiritual power. Which way would you like to move on this?

Eva: Let's do it quickly around the third brush, and then we can go into the other ones. I had the first “brush with death” (or “dance with death”) with my skydiving accident, which was very physical; and then this whole Lyme journey, which in a way was very mental, because it got me to see how I was controlling everything through my mind, still.

Then in Ecuador, not that long ago, last year, I had heart failure. I had something called cardiomyopathy, which they think — but they don't really know, but they think — it's related to extreme emotional stress. I wasn't really in extreme emotional stress.

What I understood from what was happening was that the extreme emotional stress I had felt with Lyme and how my life fell apart — which was excruciatingly painful I couldn't handle it back then — I just internalized it and I held it. I closed my heart, because I felt betrayed and backstabbed from outside and myself. It was just a horrendously painful time in my life.

Once I was ready to open up and release that pain, it flooded through my physical form and nearly killed me, and I ended up in intensive care for three days and in a hospital for a week. They wouldn't let me leave the country, because I couldn't fly and all of that.

But the release of that energy and what was coming out of me was fascinating. It became so clear, through my own experience, of how we hold our emotional pain in our physical forms, and how they affect everything, if they are not allowed to move through us. We hold them and they zipper out.

From the time of Lyme to my heart experience, there was an energy present in me that I wasn't used to. I would put it down as Lyme, like I felt possessed by this energy. "Possess" is not a good word, but it was an energy present that would affect everything. Once it released, I was back to being happy again.

Dr. Janet: How would you like to wrap this up or finalize this or focus our conversation today?

Eva: Well, for me, it's been beautiful to see how my desire to live as an authentic being — that's always been my desire from very early in my life — and how life has brought me all these different experiences, and not always fun experiences, and excruciatingly painful at times, and skydiving accidents and Lyme disease and heart failure, but there's clearly a path of getting to see my physicality and that I'm not the body, and then getting to know my mind and my emotions and all of that bringing me back to Presence — being able to live present in this moment, okay with whatever is.

There is nothing like it and it's available to all of us. It's simple. It doesn't mean it's easy, but it's simple. Just having that awareness and that desire to be okay with whatever is in this moment changes everything.

Dr. Janet: I couldn't agree more with that. Eva, there's so much we didn't touch on here, but I really want to thank you for a very deep and meaningful conversation on the areas that we did touch on.