

Iván Chocrón

Bridging the Worlds of Science & Spirit

Science & Spirituality

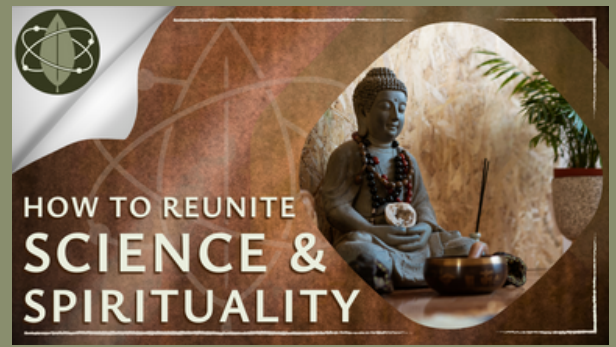


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Hey! Iván here. This is a short summary of my YouTube video about bridging the gap between science and spirituality.

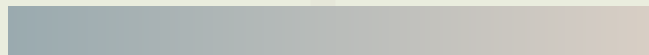
You can watch the full video [here](#).

Hope it helps and thank you for reading!



There are infinite ways to look at the world. However, most people fall somewhere within a specific spectrum. On one side, we have the scientific or logical perspective. On the other, the spiritual or esoteric. Some people belong fully to one team or the other. However, most people fall somewhere in the middle.

Science



Spirituality

Reuniting science and spirituality has become one of the pillars of my philosophy, and I believe it is essential to do so in order to have a more meaningful and joyful life.

Pillars of My Philosophy



Science & Spirit

Science and spirit may seem to be incompatible worldviews, but that is not the case. Connecting these two worlds in a relatable way is essential for a balanced healing process.

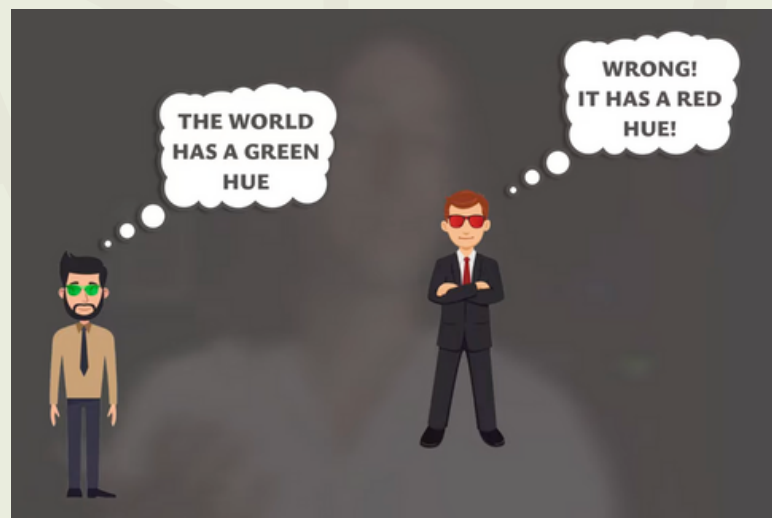
Let's explore what these worldviews are, how they are formed, how trauma plays a role in them, why it can be hard to change these worldviews once they are established, but also why it is important to land as close to the middle as we can.

Science and spirituality as lenses

During my decade of experience facilitating healing ceremonies, I've been exposed to so many experiences that are hard to grasp or label under the lens of science. This has given me the chance to explore perspectives in which both worldviews can be true at the same time.

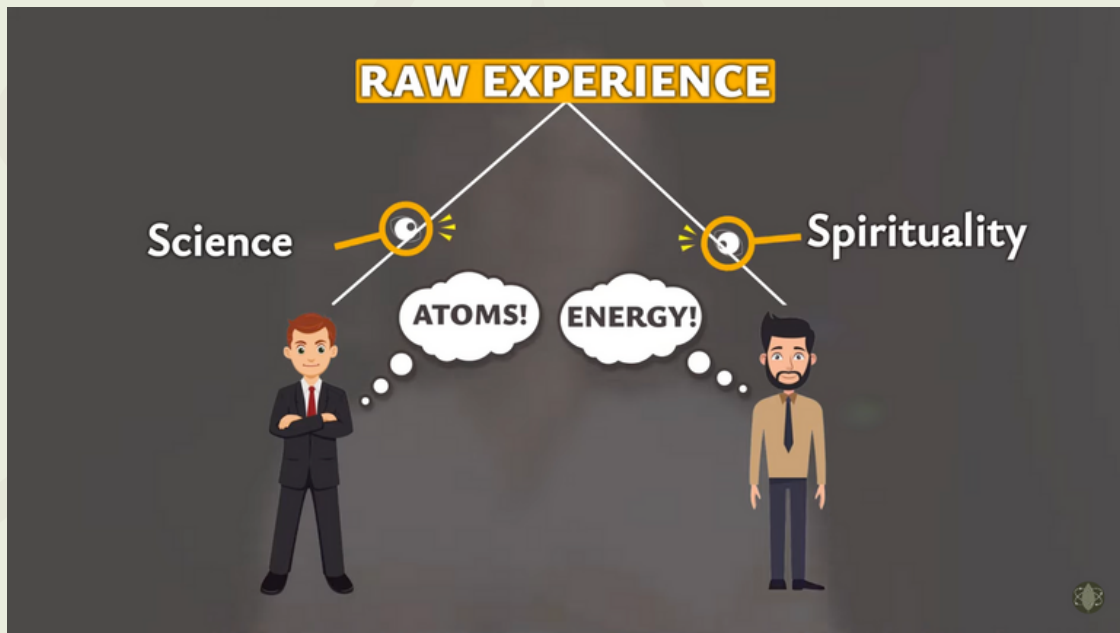
Today, I operate under the belief that both science and spirituality are lenses through which we see and experience the world, and that they are both valid.

Here is one more way of saying that: if you are born with green tinted glasses, the whole world will look greener to you. As long as you don't know that you have a pair of glasses on, there is no way you'll ever think that your experience of the world is just a tinted perspective filtered through your glasses. The person in front of you that was born with red glasses will think you are wrong for seeing the world greener and that the world actually has a red tone to it.



We are all born with those glasses. But instead of green and red, it is science or spirit.

Another way of saying that is that we have a raw experience, and different people are wired to look at it from the lens of science or spirituality.



The idea that both perspectives can be true at the same time is really hard to grasp, but we have hints of this duality if we look at other places, for example the concept of time. Most people agree that it seems that there isn't a beginning of time or an end to it.

Our brains are wired to experience the world in terms of duality

Everything is an experience that lands in between two sides of the spectrum. The second you start trying to break from that, our minds start having a really hard time understanding it experientially.

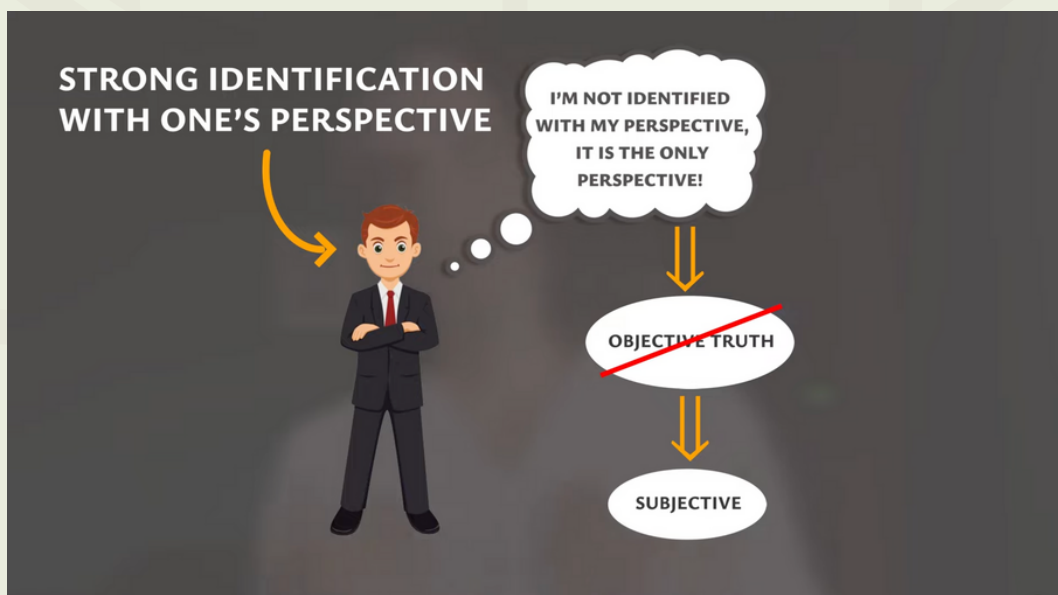
It is like a 2D being trying to understand our 3D world, or for us to understand the concept of a fourth dimension beyond height, length and width.

I hope that by now you might start having a better understanding that both the scientific or the spiritual perspectives are simply lenses through which we look at the world, and each one of us has a tendency to see it from one or the other.

What creates that preference? A combination of our upbringing, our society, our parent's teachings, our wounding and our natural interests.

We can overall say that science intends to understand how things work, experienced through the physical realm, and spirituality intends to understand how things work, experienced through everything else that is not physical. We can call it through the esoteric realm. By holding ceremonies for so many people, I came to see that

Most perspectives that are so strongly attached to identity are not based on truth, but on wounding.



One of the hardest places to open up in are those places in which our identities are deeply attached, and thus one of the most important places to open up to.

Why is it important to land in the middle?

1. If the way we look at the world is partially wounded based then landing in the middle would be a consequence of the healing that we have done.
2. The more that we can take out our green or red glasses, the more that we will see the world the way it is.
3. It helps us connect with more people by becoming:
 - More relatable
 - Less judgmental
 - Open up to other ideas
 - Have more chances of creating open dialog
 - Maximizing the chances of learning things that we don't know
4. Reuniting science and spirit amplifies healing by creating relatable spaces for self-exploration.
5. It makes us more open to being wrong or inaccurate.
6. Holding both worldviews makes us more whole, more connected to who we are and puts us in touch with the magical aspects of the of the incredible universe we live in, making it feel like a massive playground and a true miracle.

My life has drastically improved since the moment I opened up to the other team, in my case to the spiritual worldview, but in your case it could be the other way around. I didn't let go of the old one. I still have a preference for it. But from where I am today, I feel how many of my needs could only be met by opening up to it.

It is like I was missing half of life's possibilities. I feel more complete and more whole now. That makes me naturally more grateful, more joyful. That makes my interactions nicer and the ride of life one that feels worth riding, no matter how crazy it gets sometimes. And I honestly wish that for each person walking this world.

I hope this brief summary helps in your healing journey. If you want, you can watch the full video on shame [here](#).

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Thank you for being here.

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