

An Infinite Story

The Unfolding of the *Myst*



A Journey of Pictures and Prose

by Alex Bennet

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The unfolding of the Myst

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The Myst Series:

Volume I: Journey into the *Myst*

Volume II: Patterns in the *Myst*

Volume III: The Heart, the Mind and the *Myst*

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The human experience is a neuronal dance with the Universe.

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MQI Press
Frost, West Virginia
303 Mountain Quest Lane
Marlinton, WV 24954
United States of America
Telephone: 304-799-7267

alex@mountainquestinstitute.com
www.mountainquestinstitute.com
www.mountainquestinn.com
www.MQIPress.com
www.Myst-art.com

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*Nestled between Earth and Sky, Day and Night,
Lies a mystical realm where past and present meet the future.
For each of us there is a Gate to open, a Threshold to cross,
Where timeless truths remind us, we are not alone.*

Preface

This morning as I lay in bed listening to the cats' wakeup call through the bedroom door, my long-time partner began humming, gently moving his head back and forth in the lull of his pillow, no doubt imitating the undulating rhythm of his inner tune. He's lived in two worlds since moving through our 2018-2019 trials and tribulations, a literally back-breaking time filled with infections, bladder failure, blood clots, sepsis, coronary artery disease, kidney function decline, hearing loss, dementia, macular degeneration, glaucoma and a heart attack.

Yet, there he was, gently curled in sleep, the silver of his thin half-a-head of hair matching the white growth sprouting from his face since his early 20's. I'd never known him without a beard. Nonetheless, I'm partner to the best of him. He wakes up now and, often, pursues conversations with others in the room, bringing me into the conversations as well. And we smile, and sometimes laugh, at the strangeness of the moment, and the learning that seems to sputter through that strangeness.

There is so much that the larger whole has to share with each us, individuated here on this Earth plane, assuming that we are separate, and often living life from that point of view. We are not. We are, indeed, part of a larger whole. Along with that realization comes the recognition that cooperation and collaboration are the highest virtues on the physical plane. The power of this is consciousness expanding. We are all interconnected. We are One. But how do we actually bring this cooperation and collaboration into reality in the challenging days of divisive rhetoric created by the powerful and the social distancing demanded by the pandemic, all riding on a destabilized economy, if indeed it can still be called an economy.

This short book is focused on the rise and fall of the *Myst* phenomenon, an unfolding of sorts in photographs and prose, with tiny spheres of electromagnetic energy engaging the water in the air to collectively expand and form, conveying a message in the split second of a camera flash, then dissipating and falling away into the darkness of night. And, then, as one instant is gone, another is emerging, in a continuous series of creation.

From our short history of human learning, we know that energy is never lost, and that it conserves itself. This knowledge makes the phenomenon of the *Myst* all that much more exciting and, perchance, the messages of more importance. And we ask: How can we, as perceived separate lifeforms, create this pattern of cooperation and collaboration here on Earth? How do we dissolve into Oneness to accomplish a desired expression, then fall away, individuating and learning, only to join the next chosen moment of expression? What can we learn from the *Myst*?

We invite you to delve more deeply into this phenomenon, perhaps reading the three-part *Myst* series detailed on the final page of this little book. AND, for those who are ready to self-experience the *Myst*, empty yourself of any current and past negative energies, connect to the Universe of which we are all a part with joy in your heart, and ask for the experience. There are specific hints of how one might do this throughout the *Myst* series, although each individual is unique, and thus their experience is unique. Happy journeying.

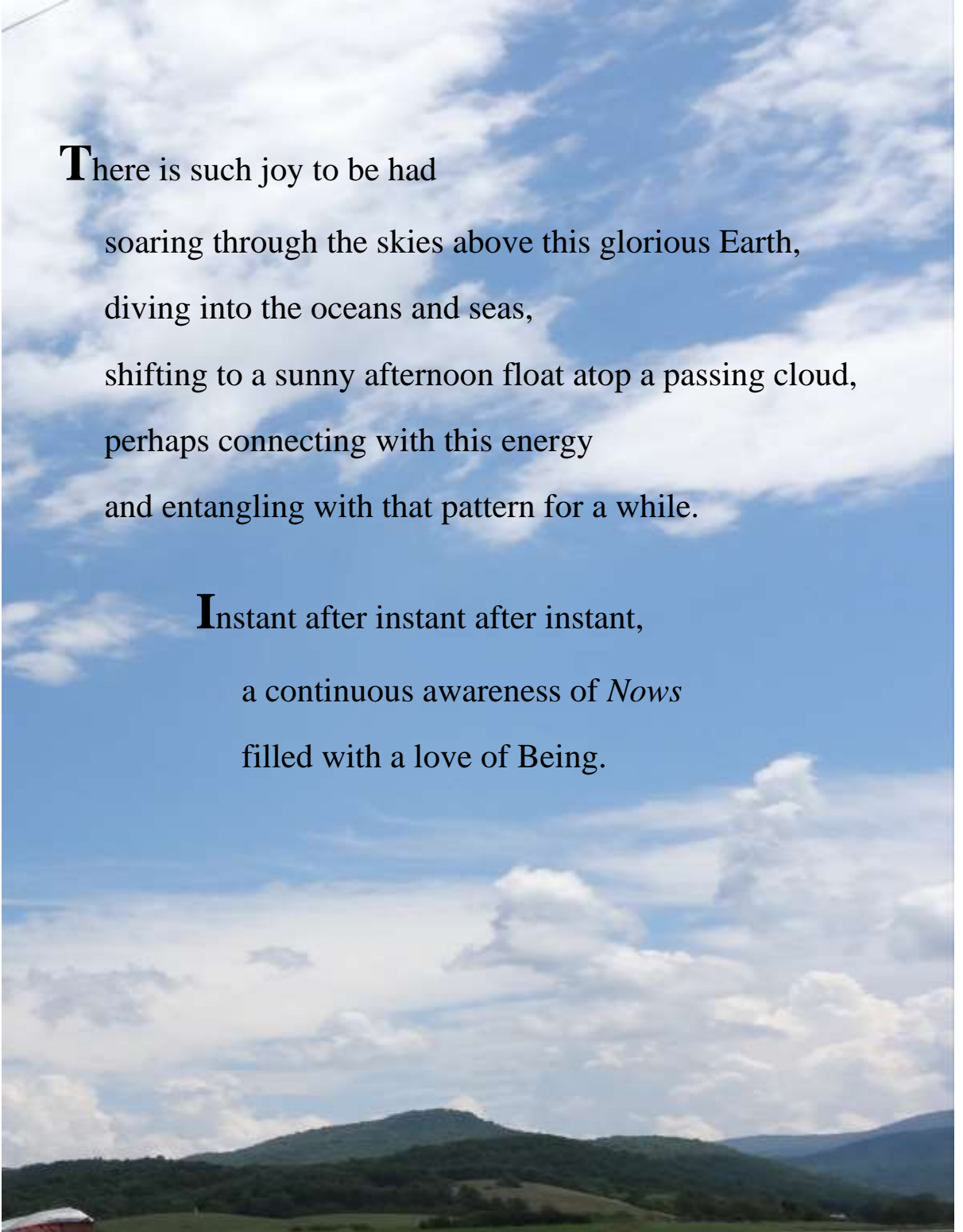
Love and Light,

Alex

Alex may be contacted at alex@mountainquestinstitute or call 304-799-7267 for a reservation at the Mountain Quest Inn, situated in a high valley of the West Virginia Allegheny Mountains, the spot where the *Myst* phenomenon began for the Bennets.

There is such joy to be had
soaring through the skies above this glorious Earth,
diving into the oceans and seas,
shifting to a sunny afternoon float atop a passing cloud,
perhaps connecting with this energy
and entangling with that pattern for a while.

Intant after instant after instant,
a continuous awareness of *Nows*
filled with a love of Being.





We of *One* are many,

expressing our light in an array of colors,

sometimes seen and captured in pictures

taken by those souls journeying in human form.



~ 3 ~

Have you ever seen us?



Have you ever wondered who we are?





And then the Call goes out,
a vibration of sound that comes from
the heart of part of the One.

What fun!



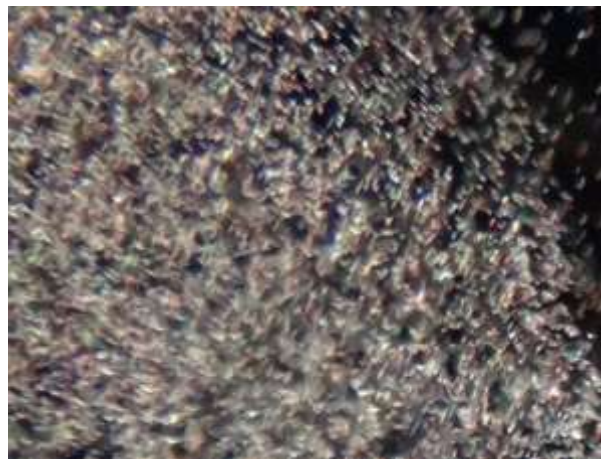
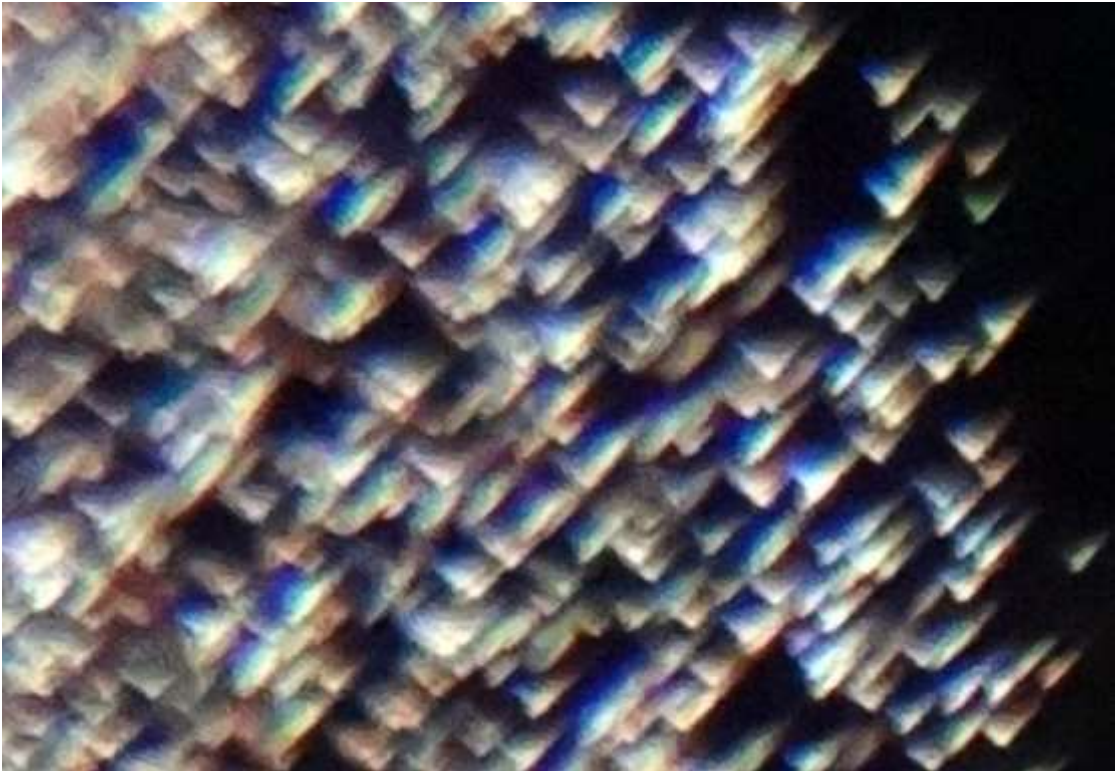
~ 5 ~

In the instant we come together,

a feeling of flowing breath riding the waves of life.




And in that instant our light is stretched,
moving out of the spherical form that is our natural setting
and displaying the essence of a spectrum of color.



~ 7 ~

We expand as we connect with the mist in the air,
moving as a collective,
curving and shifting into form,
sharing our energy,
creating a pattern of **O**neness.



A misty landscape with a wooden fence and a body of water reflecting the sky. The scene is atmospheric, with soft light filtering through the fog. The fence is made of light-colored wood and runs across the middle ground. The water in the foreground is calm, mirroring the colors of the sky and the distant hills. The sky is a mix of soft blues and greys, with wispy clouds. The overall mood is serene and contemplative.

**When we who respond to the Call are close in resonance,
then Oh!
The beautiful patterns we create!**



Some may
perceive these as
fractals.



From one direction you may see an angle,
and there is a split second
when you can see our expansion.

As we listen to the music of the spheres,
how gloriously bright the colors that present
to the human eyes who choose to see us!





As we move closer and closer,
we continue to expand,
bringing in the water of the air
to reassume comfortable spherical shapes,
producing faces within faces within form,
with delight dissolving into the Oneness that we are.



We *feel* the Joy of One as we create the *Myst* forms ...





We lighten into form,
move into stillness,
perhaps accenting the white of a full moon.



Oh, what beauty!

Can you understand?

We are individuated, yet one ...

sharing our light,

conveying a message,

glowing in our delight!





Can you see the faces?
They represent our essence,
the energy of us in a
personalized fashion.

And, we love you.





We will share a secret.

It is the same for all forms of life.

There are inherent desires and possibilities

moving us towards cooperation and collaboration,

the Connectedness of love and joy and peace,

Oneness.

Then, in an instant of ever-living Nows,

the larger forms release.

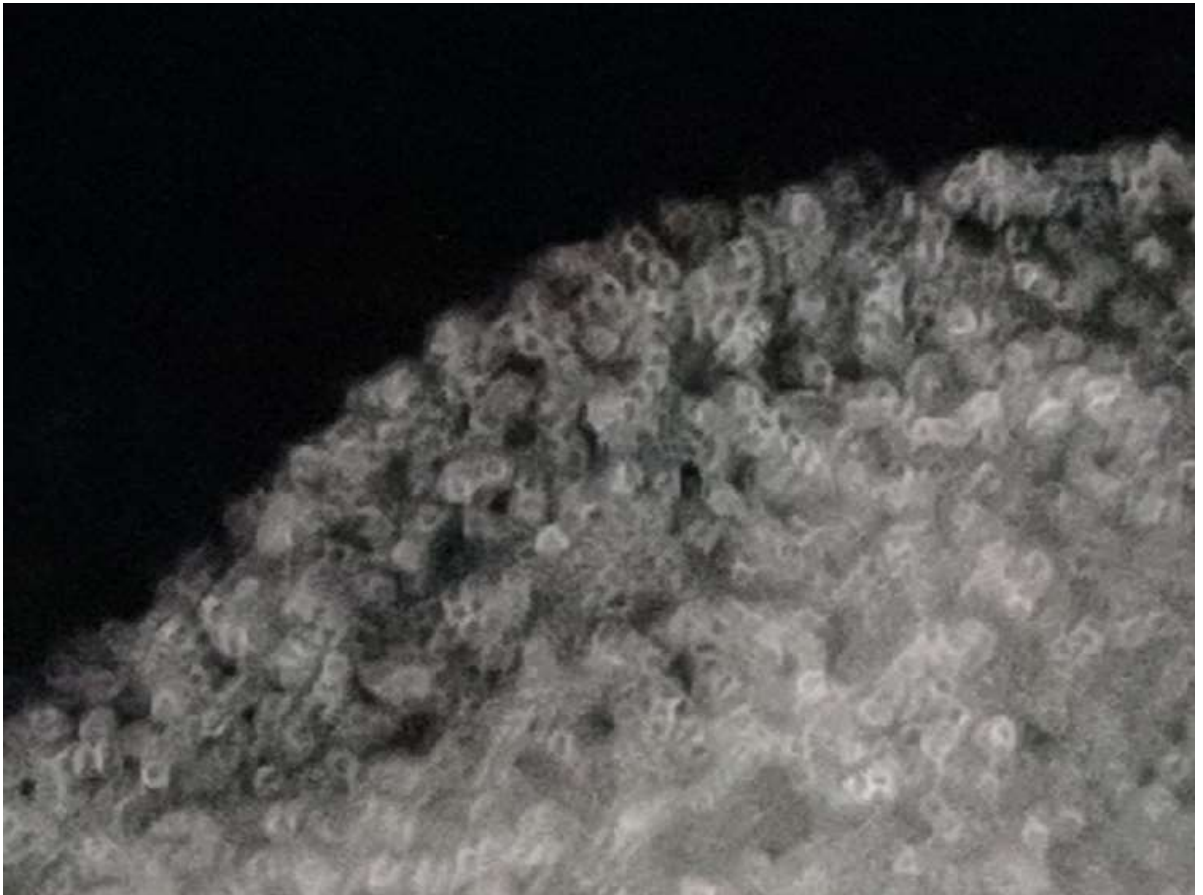
The circles of Orbs become **skeletal**,

then dissipate,

reducing into the spark

of life that is so small,

so large, so **All**.





Do not be concerned.

We do not really disappear.

We are always here, watching and learning and expanding.



When you are in joy,
in the flash of a camera
we will appear,
and you will know us.



~ 21 ~

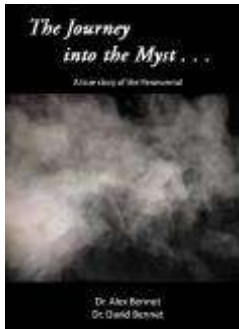
You, too, are opening to the Call, and, even now,
feeling the love that lights our way.



About the Author

Dr. Alex Bennet is Professor, Knowledge and Innovation Management, at Bangkok University and Co-Founder/Director of the Mountain Quest Institute located in the Allegheny Mountains of West Virginia focused on achieving growth and understanding through quests for knowledge, consciousness and meaning. She is the former Chief Knowledge Officer and Deputy Chief Information Officer for Enterprise Integration of the U.S. Department of the Navy and the recipient of the Distinguished Public Service Award from the Secretary of the Navy. Dr. Bennet has authored hundreds of papers and co-authored 37 books with her partner Dr. David Bennet, including 22 little Conscious Look Books conversational in nature titled *Possibilities that are YOU!* She has degrees in Human and Organizational Systems, Human Development, Management for Organizational Effectiveness, English Literature and Marketing; serves on multiple international advisory boards and committees, keynotes around the world, and believes in the multidimensionality and interconnectedness of humanity as we move out of infancy into full consciousness. She may be reached at alex@mountainquestinstitute.com

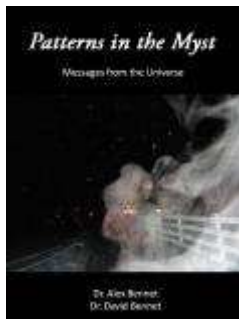
The Myst Series (available in softback cover and as eBooks)



The Journey into the Myst ... A true story of the Paranormal (Volume I)
by Alex Bennet and David Bennet

“What we are about to tell you would have been quite unbelievable to me before this journey began. It is not a story of the reality either of us has known for well over our 60 and 70 years of age, but rather, the reality of dreams and fairytales.” This is the true story of a sequence of events that happened at Mountain Quest, situated in a high valley of the Allegheny Mountains of West Virginia. **The story begins with a miracle**, expanding into the capture and cataloging of thousands of pictures of electromagnetic spheres widely known as “orbs.” **This joyous experience became an exploration into the unknown** with the emergence of what the author’s fondly call the *Myst*, the forming and shaping of non-random patterns such as human faces, angels and animals. As this phenomenon unfolds, you will discover how the Drs.

Alex and David Bennet began to observe and interact with the *Myst*. This book shares the beginning of an extraordinary *Journey into the Myst*. AVAILABLE FROM AMAZON in softcover and as an eBook.



Patterns in the Myst: Messages from the Universe (Volume II)
by Alex Bennet and David Bennet

The Journey into the Myst was just the beginning for Drs. Alex and David Bennet. Volume II of the *Myst* Series brings Science into the Spiritual experience, bringing to bear what the Bennets have learned through their research and educational experiences in physics, neuroscience, human systems, knowledge management and human development. Embracing the paralogical, **patterns in the Myst are observed, felt, interpreted, analyzed and compared** in terms of their physical make-up, non-randomness, intelligent sources and potential implications. Along the way, the Bennets were provided amazing pictures reflecting the forming of the *Myst*. AVAILABLE FROM AMAZON in softcover and as an eBook.



The Heart, the Mind and the Myst: A Neuronal Dance with the Universe (Volume III)
by Alex Bennet and David Bennet with Sara McClain, Ronald McClain and Susan Dreiband

The Bennets shift to introspection in this third volume of the series to explore the continuing impact of the *Myst* experience on the human psyche. Joined by several co-authors, the book unfolds the experiences of a handful of people whose lives have become entangled with the *Myst* phenomenon. So many questions have come to mind over these experiential years in the *Myst*. How does this amazing experience change our beliefs and values? Do we feel and think differently? Do we act differently? What have we learned? And finally, as humanity has entered the shifting times of the 2020's, **how has this experience prepared us for the changes underway today?** AVAILABLE FROM AMAZON in softcover.