

Snapshots

As we explore life, it's easy to be distracted by the obvious, while only catching glimpses of the shadows and reflections we cast, missing the larger patterns in which we participate. We might appear as a human body and mind, but a greater form extends out as a larger reality. Take the time to stop → examine a reflection → trace back a shadow → reach to touch the world as the day's surf shuffles everything around our path.



Mind, body, spirit and so much more hidden in our unrealized reflections & shadows. As example: in Norse knowledge, our physical body and mind are very small parts of a larger complex in each single life.

Soul (sal): represents the results of our lives which touch both others and the world after we leave. A soul would be a footprint in the sand, left behind, that still influences the world.

Mind (hugr, minni, odhr, ek) : The mind isn't a single entity but rather a combination of several distinct elements of memory, reason, ecstasy, and self.

Fetch: The union of our opposites in the world, as well as a touching to our personal godheads.

Body: (hamr, lik): Actually 3 elements of a shape, appearance & a physical body.

Spirit (ond): The vital breath of life. Another term would be Indian "Prana".

Hamingja: The overall power of our life.

I bring up the Norse example for two reasons. First, it illustrates how other cultures have a rich and complex view of a person's existence beyond just a mind running a body. I believe that modern western society, in an over-reliance of reason and material strength, has lost touch to the more subtle and hidden aspects of humanity. Many cultures have rich, deep traditional wisdom gathered upon human nature that doesn't appear in the general western culture of 2005. Secondly, I want to tease you to explore your own nature from another cultural viewpoint. I could not within this book begin to list all the important ideas from Indian, Norse, Aboriginal or any of the thousand other cultures around the world. Yet it is possible to discover more of one's self by learning¹ an alternative cultural understanding of humanity.

1) Learning from another culture has the strength of removing many assumptions we inherit from our default culture. It's hard to leave the comfort of what is known, yet doing so increases many fold what can be learned thru new perspectives. Many amazing figures in history (Gandhi, Attila the Hun, Moses, etc) are those who have been raised cross-culturally. An incredible strength of presence can be achieved in this path.