

12 - Epilogue



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Are we limited in our understanding to only those things that we can turn into a story, or put into words? Can we have a bigger understanding of who we are, and what issues define us, than the stories we tell?

Our understanding is limited by our language if we limit our thinking to it. But there are things like language that have a greater scope than any language we speak, and those “things” are our bodies, and our imaginations.

If we break out of the structure of stories, with their focus on sequence, character, and will, and embrace our unbounded imaginations, then we find ourselves free of time, identity, and goal.

If we break out of the structure of our egos, which focus on constructions, presentations, reactions, and expectations, and immerse ourselves in the cacophony of sensation, then we find ourselves directly connected to a dynamic web of actions bigger, smaller, more and less complex than ourselves.

The realm of the body and the realm of dreams offer an infinitely larger palette with which to paint an understanding of the world. You might say that these palettes are the world, and that you are the brush that paints what you see.

Why be limited? There are a million reasons, and arguments for each of them, and it's a swamp, and you're lost in it. You're always lost in it because, in fact, the world does operate free of time, identity, and goal, and we can't, at least not always.

There is some symmetry in the questions we can ask of all our worlds. Ask these questions of your sleeping and waking consciousness:

- How do you know when you're dreaming, how do you know if you're awake?
- Is your lack of control in your dreams all that different from your lack of control in your waking life?

Ask these questions of your body. Your body speaks slowly, and not necessarily when you're listening, so listen over time.

- Who is setting the limits of your capability, and can you change these?
- Is your lack of control over your body all that different from your lack of control of your world?
- If you changed your perception of rates of time and space, would your body also change?

Just as we need a chemical atmosphere to breath, we need a conceptual atmosphere to think. Your ego is your spaceship, it is part of your vehicle. It is your perception of mind and body, and it guides you places, but it's not all you are.

You have problems sleeping, so you say. Your vehicle isn't working, and you don't know what to do. Your spaceship is smart -- smarter than you are I hope -- and it knows how to fix itself, but it needs a reason. Stop kicking, shouting, and grinding the ignition. Maybe it's not broken. Maybe you are.

Your vehicle will fix itself once it knows it can trust you. Be a responsible driver. Find your purpose. Find the parking lot, the overlook, the beach, the trailhead. Park your ego. Get out. Gather your essentials, and head off into the desert, the woods, the mountains, the lakes, or the wilderness. Sail off across the sea. You'll sleep better for it.