

# The silent awakener among us

## An essay on initiation

“If life does not entails new beginnings, it ends quickly”

If you are interested in storytelling, like I am, you sooner or later discover the magnificence of the psychological depth that is hidden in mythology, the human body, religion, movies, romans, art, music, poetry, nature, society and basically anything that is capable of representing universal truths in the body of its existence. It is literally all around us and in the stories they tell, we can discover principles, guidelines, maps and roadways to navigate our lives better. Joseph Campbell coined it very well in making a discernment of *improper art and proper art*. 'Proper art' reflects the workings of the *self*, where as 'improper art' reflects that of the *ego or false self*. If this essay pleases you, I highly recommend *The hero's journey* by Joseph Campbell and *The archetype of initiation* by Robert L. Moore. Both books go further into detail about the initiations of the psyche and how this is represented in mythology and psycho analytics.

This essay will only cover a small portion of the mechanics of these phenomena that show up in any culture without we having to think about it. It is an organic, natural process which occurs if we want to acknowledge it or not. It is, therefore, an objective truth playing on the background of our daily consciousness and something we all have to deal with in lesser or greater degrees at some points in our lives. Initiation is about moving into previously unknown trajectories, new challenges, obstacles to overcome and lessons to learn so that we can grow and mature in our understanding of life, others, ourselves and in our skills, talents, creativity and occupations we share in our societies. You experience an initiation when your spouse leaves you, when your boss fires you, when the doctor shares the bad news or when a stranger comes knocking on your door. Whatever the thing is that triggers you can be an initiation into previously unknown territories of love or fear. I prefer to explore new territories of love instead of fear, but you can choose whatever you please the most. Initiation is like the big-bang that propels the expansion of the universe forward, without moving forward, we stop evolving, but instead stagnate or, even worse, devolve and drop down in consciousness. I personally prefer to evolve instead of involve, but most of us seem to prefer otherwise. For those interested to evolve, I think this essay can put you onto the right direction...

A great difference with ancient cultures and that of our modern cultures, is that initiation was an accepted fact we had to deal with somehow. They did not question its existence, but instead, questioned how to properly deal with it in an effective and balanced way. These cultures were not alienated from the *self*, but acknowledge its existence in their cultural heritage. The *ego* does not like the propelling urge of the *self* to expand, but instead seeks comfort and security. The people of a culture are its constructors, and their state of being is like a sculptor who shapes the face of a statue. Most cultures today are for a great part living in fear, isolation and alienation and the face of these cultures look like that of *the scream*; painted by the Expressionist Edvard Munch.



My interpretation of this painting resembles what I see during most of my travels throughout the world. Beyond the masks of persona are many of us scared to the bone, isolated and living in a state of alienation from the *self*. Utterly alone, disconnected from their inner warmth and lost in a sea of distress and sorrow, is this image revealing that dark spot of humanity. It touches a deep wound that needs to be addressed if we want to heal from it. The *silent awakener among us* is a person that touches that wounded spot inside of us. He or she has the gift to initiate others into new areas of understanding, love and growth. Not by force, but by subtle gestures of calling others into adventures. The silent awakener among us leaves breadcrumbs for those interested in following the adventurous path into the dark forest. Either a real forest or the challenge of exploring the dark realms of the inner self, is the silent awakener

responsible for initiating others.

It could be a homeless guy, a stranger, a wanderer, a traveler or a desk assistant. The calling for adventure is not bounded by the layers of persona, but transcends ordinary concepts. What it does is that it makes you feel an urge to leave your mundane world and to explore the unknown. The false self often tries to repress such feelings and to justify them as irrational, dangerous, false and not worthwhile to pursue. Comfortable within its known boundaries, routines and systems, is the false self not likely to be willing to change. However, the urge may still be there and without acting on it we stun our growth and evolution. By stunting our own expansion, we can feel bored, depressed and unhappy. Initiation is, therefore, necessary to regenerate our sense of well-being, creativity and personal evolution.

It is often the *gut intelligence* that can validate if this *calling for adventure or initiation* is necessary for our further development. Most are so disrupted from their guts, that they cannot validate such things to begin with. By working on our bodies and finding equilibrium through forms of yoga, meditation, diet and mindful exercise, we equip ourselves with a better *gut to brain* communication. Intuition is like an art, it can be practiced and improved through experience. This inner knowing or *gut validation* is what can help you in finding out if an initiation is necessary to make you feel more fulfilled, alive, thriving and happy.

The silent awakener among us is simply trying to alleviate you into new ways of being alive. Listen to what your gut has to tell, and simply validate if it is something for you or not. Many of us are not answering these *calling for adventures or initiations* and remain in the same state of being for the rest of their waking life. These people can go through life working the same boring, grinding job and feel unhappy, depressed and unfulfilled in doing so. Such feelings of negativity should be treated as a blessing for higher awareness to know which areas of your life need to be addressed, changed and worked on.

By being aware of our emotional state in whatever relationship we have, could it be work, social or environmental, we empower ourselves to acknowledge negativity and, therefore, empower ourselves to move into new initiations to aim for the positive in our lives.

“If life entails new beginnings, it never ends”

