

Lessons for life

As you can see, I had a lot of time to think. Then again you and me are said to be brain-heavy beings and are meant to be good in thinking. On top of this I was made to believe that I have ADHD, and I am thus capable of thinking a lot of things at the same time all the time (and I do).

I am 33 years old, out of which I did not even spend half the time sleeping. This is a pity, which you will understand once you read my explanation why I went to do this potentially “ultra stupid” trip.

You and me are human beings and I think that there are a few things one can assume to be a general truth, once we agree that we exist or at least agree that we at least believe to exist.

This solo was a logical step taking into account some strange dreams that I had lately and to my big disappointment I did not come up with anything as new or clever as $e=mc^2$. In fact I just realized something that I (and I am sure also you and everybody else) knew all along, and it only managed to put “messages” from recent dreams into words:

- Be good and honest to yourself and others.
- Only give and accept what you are given. Do not take.
- All beings, earth and nature are ONE.
- Humans need Earth as much as Earth needs humans.
- In the moment Earth does not benefit from humans.
- Humans were capable to survive on a natural planet Earth.
- Only if Earth benefits from us can we survive.
- We cannot survive on Earth in the moment without our gimmicks and structures, which are only helping temporarily.
- We need to make nature benefit from us.
- We need to act immediately!

(This means: We need to end all war and forget all our differences and longings so that we can work united to save us AND Earth. Further, only vital motorized transportation, only production of vital products, no commercial meat production, all CO₂ emissions must be offset, drastically reducing the extraction of resources out of the plane... and a lot more is needed.)

You will agree that it is true and makes most sense.

But I understood more, which especially helps to understand why it all has to happen immediately and now:

We tend to think that a big brain is beneficial and makes us the highest “creature”.

Well, let’s think about ants for example:

Little brains but highly efficient and very organized. Ants build roads and cities and are organized in states. To our understanding, ants are using extreme ways of communication and possess a “common intelligence” beyond the individual. They must be seen as a

highly developed “civilization”. Ants are also extremely strong in relation to body size. All ants on this planet are far heavier than all humans on this planet, yet produce no waste, recycle and are beneficial to the rest of nature.

We also know that very little of our brain capacity is actually used. Since we are trained to think in terms of processor speed and storage capacity, we oversee what other potential our brains have.

Shamans are reported to communicate over distances and even time with other humans and other beings. Also plants are known to communicate from one to another. A few weeks ago 112 monkeys in the Zoo of Emmen, NL were sitting still for a few days, just watching North!

A different sleeping pattern is more beneficial to intense dreaming. Our modern sleeping rhythm is not connected to nature any more. We spend less time dreaming than we used to and our dreams are less important.

We outsourced brain capacity into stone plates, books, computers and phone memories.

In addition to this, we managed to create very powerful processors and computers, capable to store and process unimaginable amounts of information mostly not required for natural human survival.

We are also capable to communicate and share information in real time around the whole world.

I am sure that nature (including, once upon a time, also humans) possesses an Internet-like communication and data sharing and storage potential. Just think how old some beings we know are and how little we still know about our natural surroundings, not to mention the depth of the oceans.

We lost our ability to communicate with each other and with nature.

Anything else?

Well, we are capable to grow human ears on mice, grow a hamburger in the lab, re-build limbs and organs and in many other ways make life longer or duplicate it. Soon we might be able to create a human who can breathe under water.

In the same time we tend to forget that diseases became only a problem once we decided to take the land of others. Natural medicine and harmony with nature was once capable to take care of everything other than work-safety and stupidity related issues.

So while we are at the brink of replacing and copying everything that we needed nature for so far, we are at the same time not capable to survive in nature anymore.

This is the state of our development.

Why this solo?

A few weeks ago, the night before my grandmother's funeral (aged 99), I started seeing strange dreams like I have never dreamed before in my life. Very clear and in a way instructing, telling me what we humans have to do.

I am not a religious person who believes in spiritual things and I decided to spend some nights in the Wikipedia, learning about dreams and other things that I could not explain to myself (and partly still can't do).

A solo, or vision quest, is said and known to be a time, where the individual learns about him- or herself and finds guidance for life.

When studying ethnology at university, I was very interested in "rites of passage", which in many cultures are ceremonies that mark important times in the life of the individual and which are also often connected with solos or similar experiences.

Most common is the transition from young to adult, which logically takes place, when the initiate is capable of taking care of an own family. Tragically in our modern world this time has moved from originally mid-teenage years all the way up to the age or over 30, which is as long as some of us have to learn to survive on our planet these days.

At the moment I am building up my own little business (nature education) and I am also a father of a child. In my life I never had any "rite of passage" other than an experience when I was 16:

I was on a school exchange to Australia and we made a trip to the outback. One evening a conversation caused me to start crying and I did not even understand why. I took my sleeping bag and tarp and went to sleep alone, away from the group and cried for many hours. The next morning I found snake tracks on the right and left side of my sleeping place. The snake went either over or under me.

About solos, rites of passage, vision quests

I recommend reading articles and books from university libraries and the Internet about this subject. You will find out that a solo can be anything from an hour of focused thinking to extremes like 40 days of desert or mountain (Jesus, Buddha, Gandhi & Co). It is meant to provide guidance and understanding about oneself and about the future life of the individual.

Be aware of the risks that you take and preferably have somebody who instructs guides or assists you. This is a big subject and cannot be explained in a few words.

However, it does not mean that you have to suffer. You will know if you have a reason to go for a solo. Just let the mission be your soul. Not the challenge to withstand cold or hot or be tough to yourself.

I had the feeling that I need to reconnect with the Earth. I felt cleaned when I came back. I felt pure while I sat under the tree. But should I have stayed on the hill? Should I have

taken a bite from the mushroom? Why only two and not four nights? I think I did what felt right.

Way to go?

If all cars in a traffic jam were to drive at the same time, there would be no jam. It's a communication issue. If you read this, you know that we have the means to solve this problem.

- Huck