THE RESONANCE OF OUR ESSENCE • WHY WE RELATE TO MYTHS (HC007)

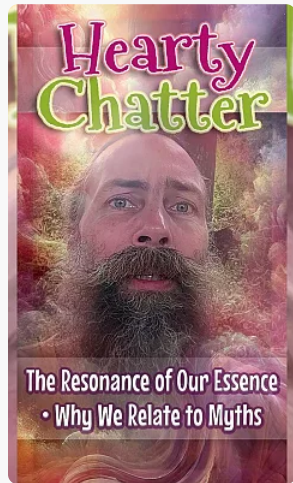**Words:** 629 ∴ **Length:** 03:00 min
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We resonate with myths and legends because they encode something of our inner essence. Archetypes of life and identity are the essence of every narrative — the reason we relate to them in a deeply meaningful way.

Yet let symbolic tales never be a substitute or challenger to the actuality of what is. Many a mystic and spiritualist lands somehere on the spectrum of psychosis with their immersive beliefs. Mind the rabbit holes — reel it all back in.

I also share a slice of the deep yonder journeys I took back in the day myself. In the context of Sri Chaitanya's tradition and raganuga-bhakti, glossing the scaffolds designed for catalyzing pure archetypal fields of awareness.

#HeartyChatter #MythArchetypes #MysticJourneys #InnerSymbols #RaganugaBhakti #LegendsAndFairytales

We return to the function, purpose, and **meaning of myths and symbols**. They resonate with many of us on a deep level, as if carrying some mystic essence from beyond. Whether it's religious legends, ancient mythologies, or modern new age constructions, the gist of it is very much the same. Even fairy tales and works of fantasy, they all encode archetypes of awareness, identity, and life, and therefore they resonate.

We find meaningful bits and pieces of ourselves in these tales. Therefore they resonate, they give us perspective into ourselves beyond our subjective reference. A field of reflection more distant from the immediacy of our current life and its problems. We route the gist of ourselves into the mirror of the myth, workshop it there,

and then reflect it inward back again. Or that's how it should work.

It becomes problematic when the myth becomes an actuality unto itself and begins to subjugate the living world in front of you. When the reality of your living experience comes under question, because the myth suggests otherwise, or the interpreters of myths claim otherwise — then you are flirting on the peripheries of the rabbit hole, in danger of falling into psychotic episodes. Really a lot of spiritual, religious people, believers, mystics are somewhere on the spectrum of psychosis.

My yonder journeys, for years upon years on end, happened in the context of bhakti in an Indian framing. Specifically in the context of the tradition of Raganuga Bhakti, stemming from Sri Chaitanya, a medieval mystic, saint and avatar. Where the vast corpus of ancient legends concerning Radha and Krishna, the divine couple, were pulled together and synthesized into a fantastic pool of poems and narratives.

All of this was also crossed with the Rasa-Shastra, the aesthetic art and science of emotion, experience and dramatic expression. All of it, ultimately, an invocation

to awaken pure emotion and archetypal fields of awareness in your being. So much of it quite beautiful and essential — but all of it falling short and becoming counterproductive when dished out with the hammer of literal interpretation.

It was never to invite you for a journey somewhere else out there. It was to catalyze the living essence right here and right now — in your being. As much holds true for every other mythic tale and cosmic framing. No need to believe in any of it as descriptions of concrete reality. The only relevant belief is that they carry the essence of life for your reflections.

Then by all means, be stirred and transformed by your favorite myths and legends — but don't get lost in them. Reel it all back to the living present reality at the end of the day. Then their function, to help you process your life. Their meaning, in the parallels you find in yourself and in your life. Their purpose, to help you distill the core of your conscious essence.

Then happy trails in happy tales, my friend, toward the essence of all that is.