



OCTANE SPIRITUAL DILEMMAS and JOURNEYS

Today the silent *majority*, brought up in certain family traditions or not, can be in a quandary about what criteria to run their life by, and how to counter the insidious global effect of many fallacious attitudes that seriously undermine how we would really like to live – caused both by the media and the fragmentation of society around us. Although often a force for good, we have to realise these factors do *not* have to dictate our values! Sometimes tradition knows best, but on occasions we need to break out from accepted practice on good grounds.

We all get perplexed about which way to go in current life situations and whether to follow - or go *against* - well-tried, ancient tradition. Thus I see **Octane** as the flip side to **Spectra**, where the new conditions of modern life we find ourselves in mean we must undertake a journey of some kind, in thinking, feeling and experimenting with ourselves in totally unprecedented situations, even bodily. This requires both caution and boldness and the more tools we can bring to bear on our decisions, the better. I started off in this newsletter with the subject of neighbours, intending the next year to cover marriage – but as the neighbours issue is still hot, I have reworked the initial piece from last year and added a case history.

The key idea behind **JOURNEYS UP AND DOWN** comes from the myth of Inanna and Tammuz in which Inanna undertakes the perilous journey to the Underworld, a dimension of Unreality, forced to divest herself of pieces of clothing and jewellery one by one, until she arrives completely naked in the world of Non-Existence. Here she stays for three days, in the words of the story hanging like a piece of dead meat on a hook. Then she is allowed to leave, and as she goes through the seven stages of the return journey she regains her clothes, jewellery and finally her headgear (hence the image of Inanna chosen as logo for this box, taken from a third millennium BC Sumerian original from Ur). Like Inanna, there are times in life when we have to be prepared to lose everything in order to regain it. In the story, after the seventh stage either way, the octave of experience is completed, and normality gained once more (hence the title for the process, OCTANE, as well as the idea of a 'high-octane' view of our lives). If you cross-refer to my Cosmokrator books (www.cosmokrator.com) you will find that even the shortest events follow a cycle which we could liken to the unfolding of the notes of an octave: once this is understood, it helps to know which note of the octave we are at in any situation, in order to see the bigger picture and feel better about it. Being in the middle of the unfolding is the hardest since we are uncertain we will ever reach its end. But I have found it is best to trust the process of the Octave, and to follow it through.

We all pursue minor version of these journeys in our lives all the time – they are part of the tapestry of Life – we experience the depths of non-existence and then a kind of resurrection as things return to normal. The final journey,

of course, covers the polarity between the death of the body and ultimate resurrection of our soul but until then we need directions about dealing with the mini-trips. Contributions are listed under the Contents links below, and can be accessed through the numbers under the logo on the Home Page – a new item is added every year. Share your own dilemmas with us at asia@cosmokrator.com. A burden shared is a burden halved!

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