



MUTATION

The way of change

All of you have seen the movie « Cast away » starring Chuck Noland's character, shipwrecked, the lone survivor of a FedEx plane's crash. He finds himself on one of the several Fidji islands, deserted, surrounded by an impassable coral reef, in the middle of the Pacific Ocean. He will remain there four years before he will eventually get back to the « civilised » world. Helpless and isolated in a paradisiac landscape however, he faces quickly his vulnerability and the lack of skills to survive in the wild unknown nature. The audience discovers a pathetic little man, we could say.

The actor, Tom Hanks, said about his lead role : « Cast away » is the above all the story of a man who reinvents himself, gets rid of all the overwhelming tricks of his existence and so rediscovers what is truly important in life.

To the question much talked about : « What would you bring with you on a desert island ? » what would you answer ? I hope for your sake to take with you fortitude. Because this specific capacity, essential will give to the character the ability to survive during these never-ending years, against devastating loneliness, loss of all reference points, relentless austerity of his difficult condition. In such an experience, Ego will feel humiliated because it is of no help, of no use to cope with this reality. It is quickly superseded by the inner strength that the character discovers with the eye of a child growing finally to self-sufficiency.

In Ancient Greece, the city of Spartes was a good exemple of a civilisation in which inner strength took precedence over everything else. Many historians apparently reduce the early Spartan's

education to austerity and military training. A method which would aim at youth hardening to prepare effectively teenagers to the harshness of war. But as a reality, both girls and boys were discovering at a very young age the same fundamental values : courage, spirit of initiative, physical and mental resilience.

Still nowadays, many ethnic groups around the world celebrate the entry into adulthood of the child who overcomes hardships imposed by the clan. Full-immersion in loneliness, confrontation with psychological and physical fears are usually planned. Many extreme techniques lead the future initiate to the discovery of his genuine dignity. These sorts of brutal means are required, according to the clan, to break the thick cocoon which numbs the human mind from birth. These tests are commonly called « rites-of-passage » to manhood. But, it is not sufficient enough to cause a trauma to create the transformation expected. Mutation requires to be prepared : spiritually and culturally ; the environment is also important, I should say crucial. Without considering this, the experiencing remains of no effect, even destructive.

Let's have a look to our civilization and what do we see ? A huge and complex mess made of emotional, sexual and energetic addictions, social, working and family liabilities. All this provides a continuous call to action. Man defines oneself basically by acting and not by being. Power, action, comfort, safety are « keywords » for a modern wealthy, weaponsized civilization but which finally injures billions of its components namely : humans.

The young citizen is since his early age trapped into the inevitable dependency on his parents. Throughout the youth, they knocked him out with rules and orders as boring and restricting as possible. Definitely under the umbilical cord's control, he rushes naturally into the long conditioning, domesticating process inflicted by school rigour. It is pretending « to bring out » the best he can do, it means skills useful for the society. Of course, the complexity and the fertility of his being are stifled. For ever deprived from his unique self-being, he gives up his « inner world » to subscribe to social efficiency and productivity.

This is the way discipline mass-produces many « Chuck Noland », fueled by the pressure, boosted by all kinds of powers. The holidays existing only to keep humans in the illusion of having the choice and the freedom, our children's souls love so much. The weekends, as for it, look like a rush, on a very tight schedule. If you haven't chosen this busy way of life, you are considered as a « loser », it is certainly what the entourage and your mind will try to force you to believe. The person drowns herself into an ocean of similar successive activities. Obligations, responsibilities, commitments, discipline, vocation, principles, patriotism : the endless words valuing the Ego describe these overwhelming behaviours, conditioned and compulsive.

Sparta had certainly understood that a person should be much more than a simple reflection of economical and social needs, as complex and justifiable there are. It is surely a necessity to serve the community, but each person should be able to provide it with its own personal power, that is to say its uniqueness, in other words its own spirit. Ancient Greece called that principle « Democracy » : voice of the people. Here, it is not a question about power and freedom given by the State to the people, but about the personal power. It's not only an ideal, an utopia, a motto but a true practical reality, deeply experimented by the young citizen.

Nowadays, we have sometimes a confused idea of what was this antic civilization : pointing out deviant behaviours, omnipresent theme of homosexuality, the philosopher despising the slave, endless wars... Sparte is said to be a lazy, belligerent and corrupted society. This point of view, quite superficial and totally twisted, leaves aside the initiation rite of education and the spiritual greatness which featured Sparte's society at that time.

In « Cast Away », the director Robert Zemeckis describes quite relevantly the come-back of the survivor to the paradise of consumerism : social niceties, superficial nature, wasting, existential emptiness, lack of meaning feature the modern life. His vision of life is completely different : « The meaning of life » is now what the hero has the privilege to know intimately, the result of his experience. Isn't it what we are missing so much ? By overcoming his own fears, giving up his whims, going through his demanding self-obsession, the meaning of life appeared to Chuck Noland. A trick is in his name : No Land ! Actually, without homeland, without properties, our adventurer rediscovers life. Because we can't grasp « the meaning of life » in engineering training or during a self-development workshop. No, the meaning of the existence, the meaning of matters which dignifies our actions and reveals us as deep, unique and fulfilled, this meaning is a discovery beyond reassuring mindfulnesses, fears and limits. Those fears that our parents and the social rules put down in the core of our genuine single being.

Of course, everybody doesn't land on an island right in the middle of the Pacific Ocean. Experiencing the life is most of the time an enigma in itself. Nonetheless, we can understand the benefit from such a test and learn the main lesson : deconditioning. A nice word showing up here and there on the Web, but what does it mean really ? It is not by jumping from the bridge or swallowing a pill of ecstasy that we are able to deprogram. To decondition oneself has nothing to do with the sensational even if it is a part of the secret formula. Deconditioning engages a form of suffering well known by drug addicts in rehab : it is named “craving“ . We suffer from such a painful and heady frustration mixed with anxiety that, we feel succumbed to an endless depression. To get rid of our environment and habits, as a matter of fact our comfort, entails a kind of suffering as a logical consequence. We can add to this a little bit of concern, a pinch of fear and a slice of elation. Indeed, jumping into the void, figuratively speaking, shakes up roughly our cells and creates a brain overheating. Enthusiasm and strange excitement mix with this weird blend. The mixture has the taste of life which runs at last in the veins.

Soon or late, Life gives you an opportunity. Then, you feel that the burden of your life weighing heavily on your frail shoulders is assessed and tested. You know it already and it makes you feel scared. Because you understand that you have to jump at the chance straightaway, without you figure out too long about it. If you take no risks, the test won't be efficient and recognized.

To discover again one's own dignity means to get rid of what defines us deceptively : education, parent's pressure, social and work status and also our complexes, fantasies and obsessions. It is essential to leave your world made of certain knowledges, addictive behaviours, narcissistic satisfactions if you want to know your true identity. So, leaving becomes the key principle which paves the way to the dazzling transformation, a devastating and regenerating energy. You will face soon a developing being sensing a new kind of understanding. On the way to discovery, you will be

guided by the fully nourishing intuition. Eventually, the life's strenght will reshape you with conviction and deep conversion. You will embody the fiery, creative citizen whom Spartes dreamed about. You will find the « meaning » you missed so much.

This is indeed a quest, the only one which guets value. To get rid of limits, to overcome fake self-image. We have to encounter finally those so-called standards, fake promises, to break free from their grips. We are no longer their projections, no longer their pathetic toys. We will have faced a pre-made, bounded, locked up and dead universe. By being scared to leave this familiar world, we give up with the knowledge of ourselves. Being afraid of fear won't make you growing up, on the contrary. To cling to a comfortable life will lead you to violence, as being happy with certainties will drive you to ignorance.

Leaving the cocoon looks like opening the door of its own tomb. It is discovering the dignity of its own ancestral bareness because there is no need for tricks when one's open an eye on its true Greatness.

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