

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty." — **Albert Einstein**



A Human BEing embodies a profound connection with the Kosmos, the Bio-Sphere, and the diverse world of Flora and Fauna. An integrated Human serves as a harmonious presence, not only guiding themselves but also acting as a messenger to others, leading them towards equanimity amidst life's unpredictable moments, be they joyful, sorrowful, or tragic. In this capacity, a Human fosters not only self-acceptance but also nurtures a profound connection with nature, facilitating their own journey and potentially aiding others in navigating the intricate tapestry of the human experience.



How to BE Human

The perspective of a hunter-gatherer society offers a unique lens through which to view the facets of being human. These societies represent an evolutionary lineage rooted in basic but essential domains: Mind, Body, Spirit, Land, Tribe, and Ancestors. Understanding life through this framework can help us explore deeper layers of human existence, including relationships, rites of passage, and the establishment of a purposeful legacy.

Mind

Hunter-gatherers often live in a state of present-moment awareness, essential for survival in a highly dynamic environment. Skills such as tracking, hunting, and navigation require keen senses and an acute awareness of both internal thoughts and external surroundings. In terms of mental health, they tend to rely on communal storytelling and ritual as means of emotional regulation and intellectual growth. In this context, the mind is seen as an asset that belongs not just to the individual but to the community.

Body

The physical aspect in hunter-gatherer societies is deeply integrated with daily life. Activities such as hunting, foraging, and traversing terrains are not merely chores but a harmonious blend of functional movement, physical strength, and stamina. Nutrition is sourced directly from the land, seasonal and unprocessed. The body is a vessel for survival, yes, but also an instrument of connection to the land and community.

Spirit

Spirituality often manifests as a profound sense of connection to nature, animals, and cosmic entities. These societies generally possess an animistic worldview where every rock, tree, and river has a spirit, a purpose, and a lesson to offer. Rituals, shamanic practices, and rites of passage serve to deepen the spiritual connection and offer a bridge between the earthly and the divine.

Land

The land is not just a resource to be exploited but a living entity to be respected. For hunter-gatherers, the Earth is a provider and protector, imbued with spiritual significance. Sustainability is an intuitive practice born from the need for ecological balance and the awareness that the land sustains not just one generation but ancestors and descendants alike.

Tribe

The tribe embodies a collective, interdependent existence. Social roles are fluid and based on competence and need rather than rigid hierarchy. Relationships are cultivated through shared experiences, communal rituals, and an oral tradition that preserves the wisdom and history of the people. Within the tribe, individuals find both their autonomy and their connection to a larger whole.

Ancestors

Ancestor worship or veneration is common, serving as a bridge between the temporal and the eternal. The ancestors are thought to guide, protect, and bestow wisdom on the living, ensuring the continuity of traditions and the tribe's survival.

Relationships

The relationships to self, others, place, and the cosmos are interlinked. The individual is not seen as separate but as a part of a greater network of relations that extend to the land and the universe. Relationships are nurtured through reciprocal giving, community gatherings, and the shared goal of communal well-being.

Rites of Passage

Hunter-gatherer societies emphasize rites of passage as essential markers of individual and communal growth. These rituals serve multiple functions—educational, spiritual, and social—and usher an individual into different phases of life.

Living a Mythic; Meaningful; Purposeful Legacy

Life is lived in the context of an eternal cycle, a mythic narrative that grants meaning and sanctity to everyday existence. The focus is less on individual achievement and more on contributing to the ongoing story of the tribe and the land. The legacy left behind is one that enriches the collective memory and wisdom of the community.

In summary, the hunter-gatherer perspective presents a holistic model of human existence that is interwoven with the threads of biological, psychological, sociological, evolutionary, paleoanthropological and mythological elements. It emphasizes the symbiotic relationship between humans and their environment, advocates for a balanced existence, and nurtures meaningful, purposeful lives through a strong sense of community, rites of passage, and a legacy rooted in collective well-being.

