

NEBOJ

aligning thoughts, words, and actions with the welfare of all beings

Samsara

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Welcome

Ahhh so here we are once again... welcome and greetings my dearest, dearest friends, i do as always sincerely hope that i am once again finding you all in good health and high spirits.

And whilst the winter may still be with us, hanging in there as they say, isn't it wonderful dear friends to see that there is a change in the energy about, have you noticed? i certainly have as i am outdoors pottering away in the garden, all of nature around us it would seem is in a state of transition preparing itself to launch forth from hibernation, it's truly wondrous and magical.

This transition from winter to spring is a profound metaphor for renewal, rebirth, and transformation—an event that has inspired philosophers, poets, and thinkers across centuries.

"The first green blades are like the return of a friend long gone—each one bears the spirit of life itself. We must honor this moment as sacred, for it is in these small renewals that the Great Spirit reminds us of our own divine nature."

Wise words indeed dear friends from Black Elk a revered Oglala Lakota Sioux holy man, medicine man, and visionary - from the 1932 book 'Black Elk Speaks, a seminal work compiled by American poet John G. Neihardt.

Samsara

Within Hindu-Buddhist philosophy, Samsara is the continuous cycle of birth, death, and rebirth. It is characterized by suffering, impermanence, and is fueled by ignorance and craving. The ultimate goal is liberation from this cycle, often achieved through enlightenment, understanding Dharma, and practice.

Whilst familiar with the above philosophy, up until this week i was not familiar with, nor aware of, the 2011 documentary film of the same name, Samsara.

It is truly fascinating dear friends how it all falls into place on this beautiful journey we call life when you are open to 'Divine timing.'

And there i was, going along, minding my own business when out of nowhere i was watching a short talk by Jesse, who curates his website 'Art & Void' 'a refuge for the spiritual artists, midnight poets, & romantic rebels.' and he can also be found both on Youtube and Odysee, recommending 5 spiritually awakening films claiming that these five films will 'spiritually awaken you,' hence it peeked my interest. One of those films was Samsara which as i said i was not aware of, its title alone however, resonating deeply within me. I watched it and was, to put it mildly, blown away by how stunning in both imagery and music it is.

"A fascinating, clever and thought-provoking statement of the world we live in"

- said the Independent On Sunday

A non-narrative documentary film relying on cinematography, editing, and musical composition to convey its themes that i strongly recommend you watch, that is of course, if you have not already watched it.

This film invites viewers to question:

1. The unsustainability of modern industrial civilization.
2. The moral hazards of transhumanist technologies.
3. The spiritual void created by consumerism and digital dependency.

Shot over the course of five years in twenty-five countries on five continents. Opening the viewer up to a greater understanding and appreciation of the human condition and a reverence for the beauty and power of the natural world. There is no getting away from fact dear friends that the healing of self and the healing of the planet are inextricably linked.

Healing being the key word here, at some point, we all have to heal dear friends, be in no doubt about this, to individually heal is our only way out of the darkness, out of slavery.

Conveyed exquisitely in this warm and beautiful film one can see and feel the shared distress of Earth and mankind.

In one scene we are witness to a group of Tibetan monks intricately working on a circular sand mandala (a Sanskrit word meaning: 'container of essence'), painstakingly pouring fusions of coloured sand to make the mandala.

And after such concentrated attention to detail we then observe its total destruction by the monks. The message being conveyed in this act is one of the beauty, fragility, impermanence of life and non attachment. We must strive dear friends to live in the moment and savour all its possibilities and opportunities.

So do watch it dear friends, i strongly recommend you do, you very likely will be touched deeply but, but be prepared, it might turn you off eating chicken for a while. Also, you will become more conscious of the food you eat, more conscious of the food you buy and consume.

Musical Interlude

'Food Chain' by Lisa Gerrard & Marcello De Francisci

And that's appropriately titled 'Food Chain' by Lisa Gerrard & Marcello De Francisci one of the pieces from the soundtrack of the film, Samsara, and as i have already said dear friends, if you have not seen it yet, do so, it is hugely educational, a real eye opener and a thought provoking piece of work, an experience that you should give yourself, with the potential i would say, to rouse you out of your slumber.