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Metasymbols of life

This paper describes the terminological "objects" called metasymbols of life that are the product of subjective perception of life. Such objects are abstract, mostly undefined and intuitively understood as something natural or obvious. They are almost undefinable but commonly useful.

The metasymbol of life is a general term directed at something particularly important to a person. It is represented not by a specific event or object, but by a broad conceptual notion into which anyone can insert his or her own content while retaining the "area category" indicated by the symbol name itself. As examples of metasymbols one can cite are such very well-known terms as love, happiness, beauty, good, evil, etc. For catholic believers such symbols could be "hell", "heaven" "salvation" and "resurrection".

Two statements of famous scientists seem to be very useful in this context.

- *Aldous Huxley's:*

"From pure sensation to the intuition of beauty, from pleasure and pain to love and the mystical ecstasy and death — all the things that are fundamental, all the things that, to the human spirit, are most profoundly significant, can only be experienced, not expressed. The rest is always and everywhere silence."

- *Emanuel Swedenborg:*

"Nothing is farther removed from human understanding than that which is both closest to man and contained in his essence."

Metasymbol has nothing to do with any convention and arises from the essence of human existence. It is filled with the specific content of the individual's existence, his genes, his environment and perhaps the zodiacal cosmic powers.

Being a process it is born and dies in every man, and then perhaps astrally and genetically reborn in his successor with the power similar and yet different in expression and effect because another processes and events would take place in new incarnation. Metasymbols originate from the consciousness and the subconsciousness. Presumably they have the quantum character, so they don't die and remains the astral body.

Metasymbols of life are peculiar "machines" or "drivers" necessary for a man. They are capsules, in which the "power" is hiding, exceeding rational human consciousness and deciding about the quality of life. If we don't manage to liberate this power, we will lack the energy necessary for selfdevelopment and will be involuntarily set on the direction towards atrophy or self-destruction. Metasymbols are abstractions and if we free ourselves - at least for a moment - from a multitude matters of our existence, we will see life as a relatively simple composition of a few most essential components in the form of metasymbols, which should be especially taken care of.

There are analogies between metasymbols and astrological archetypes and symbols.

According to Jung the nature of the archetype is that the very act of submitting to their power creates a kind of "psychic field", which awakens in us "praemotions" of both individual and universal nature. This occurs through the projection outside of the hidden unconscious internal psychic energy corresponding to our potential. Thanks to projections we deepen and expand our consciousness.

According to P. Tillich a symbol is characterized by the following features:

- it is perceivable by the senses, but it points to something beyond itself, something we cannot grasp directly or fully,
- it has no meaning for itself but participates in the reality of that to which it points,
- symbols cannot be arbitrarily invented because they have nothing to do with any convention,
- the power of a symbol reveals dimensions of reality that are usually obscured; a symbol is an archetypal image that moves the appropriate structures and mechanisms in man - his "geometrical instinct",
- a symbol has both a constructive (ordering, stabilizing) and destructive (chaotizing) power.

Man is driven mainly by fear, hunger, thirst, sex, dominated by inclinations towards evil (because it gives satisfaction), aggression and destruction. It occurs with such intensity that it acts interchangeably with needs. A need is a state of deficiency that motivates one to fill it. It resembles a hole that needs filling. Instead of filling existence with aggression and destruction, there should be actions fulfilling ethical values which strengthen survival, thus originating from the instinct of self-preservation.

Accepting such meta-symbols as love, happiness, beauty and goodness is a counterbalance to negatively acting.

Metasymbol has nothing to do with any convention and results from the essence of existence, i.e., being in the aura or astral body capsule. The capsule is filled with the specific content of the individual's existence, his genes, his environment and perhaps zodiacal cosmic powers. The aura as a process is born in each individual and then reborn in its successor with a power similar and yet different in expression and effect. It does not die but exists as an astral body and is an immaterial - probably quantum - form of consciousness that exists beyond the limitations imposed on us by time and space.

It is not locally assigned to the body and as a quantum object, in principle, it cannot be assigned to a place (it defines itself in three-dimensional space thanks to the phenomenon of decoherence, which is a force that determines the direction in which a given quantum system will go. It is perhaps a bioplasm and an energetic duplicate of the individual, appearing as a luminous shape or aura.

The thesis about astral bodies correlates with the belief of the Japanese of the island of Okinawa, that each person has their own ikigai, which is the driving force of life and one of the secrets of a long, youthful and happy life.

Meta-symbols are extremely rarely "woven" - barely visible - abstractions, and if you free yourself - at least for a moment - from the multitude of concretes of your existence, you will see life as a relatively simple composition of a few essential ingredients, which should be especially taken care of.

Parallels are drawn between meta-symbols and astrological archetypes and symbols. It is in the nature of archetypes that surrendering to their power creates a kind of "psychic field" that awakens "praemotions" in us. This occurs through the outward projection of unconscious hidden inner psychic energy corresponding to our potential. Thanks to these projections we deepen and expand our awareness.

A symbol is characterized by the following features:

- it is perceivable by the senses, but refers to something outside of itself, something we cannot grasp directly or fully define,
- it has no meaning for itself, but participates in the existence of that to which it points,
- symbols cannot be freely invented because they have nothing to do with any convention,
- the power of a symbol reveals dimensions that are usually obscured; a symbol is an archetypal image that moves appropriate structures and mechanisms in man, that is, his "geometrical" or "spatial" instinct,
- a symbol has both constructive (ordering, stabilizing) and destructive (chaotic) power.

Interpretation of "happiness" metasymbol

What does it mean "to be happy" ? Such a simple question is difficult to answer ...

"According to the people of Okinawa, Japan, an island inhabited by the world's most long-lived people, each person has their own ikigai, which is the driving force and one of the secrets of a long, youthful and happy life. Ikigai gives their lives meaning and provides the motivation to live to a hundred in full form. Having a clear and defined ikigai, or great passion, provides satisfaction, happiness, and gives life meaning. Residents belong to a local community where they are trained from a young age in yuimaaru, teamwork that forces them to help each other. Nurturing friendships, a light diet, adequate rest and some physical activity are ingredients in their recipe for health, and at the heart of the joie de vivre that provides the impetus to enjoy each birthday and celebrate each morning is personal ikigai."

"One is happy or one is not. This state cannot be learned on a course. It resides in the hidden subjective interior rather than in the conscious brain. To be happy it is not enough to want to be happy. If it were, everyone could consider themselves to be so. Happiness is primarily a consequence of an individual's existence and actions, and not just a matter of so-called positive thinking. In particular, it requires self-acceptance and is about constructing a meaning for one's life. Meaning - which you can see everywhere: in love, work, nature and art. Happiness is thus more a process than an effect."

Happiness may be defined as :

state of well-being characterized by emotions ranging from contentment to intense joy
emotions experienced when in a state of well-being
the emotion one gets from leading meaningful life. (I suppose there are some people who could feel happy without leading meaningful lives, if they are mentally detached from reality.)
an outcome of everything going your way, and you having everything you want.
art of living, the aim and object of our existence. Without happiness, life is dry and meaningless. With happiness, life immediately becomes fulfilled and wonderful. Happy people keep themselves happy because they know how they tick, they know the little ways to appreciate themselves and to see the humour and magic in each moment. Those people who are a bit heavy, who take life too seriously, may lose their happiness also.

The formula for happiness: [<http://news.bbc.co.uk/2/hi/health/2630869.stm>] $P + (5 \times E) + (3 \times H)$

P stands for Personal Characteristics, including outlook on life, adaptability and resilience.

E stands for Existence and relates to health, financial stability and friendships.

H represents Higher Order needs, and covers self-esteem, expectations, ambitions and sense of humour.

Strategies to consciously raise our happiness set point:

Count your blessings.

Practice acts of kindness.

Savor life's joys.

Express gratitude and appreciation frequently to key individuals in your life.

Learn to forgive and let go.

Invest time and energy in friends and family. Feeling connected to other people is essential.

Take care of your body.

Develop strategies for finding meaning and coping with stress and hard times.

(Sonia Lyubomirsky psychologist of University of California at Riverside)

"When we are happy, we experience emotions such as peace, joy, love, empathy, acceptance, awareness, intimacy, and harmony.

When we are unhappy, we experience emotions such as fear, anxiety, guilt, worry, jealousy, grief, depression, frustration, regret, envy, boredom, grief, anger, wrath, hate, hostility, resentment, and malice." *(Botten's book "Creative Happiness")*

Humans have the unique capability of being the creative cause of their own happiness. Or they may choose to be victims of others or the world around them. People frequently have difficulty in being willing to admit their own realities and therefore blame others for their plight. This blaming of others and the outside world keeps the person from facing the issues. Take the responsibility for your own thoughts and therefore your own feelings. Create a sincere desire to want to know the self and others accurately. The process is rather simple; however, it is very important that you believe in it and follow it completely.

Become aware of your emotions

Realize that emotions are the result of thoughts.

Evaluate the thoughts to determine the source of the emotion.

Insert new thoughts that will result in more appropriate emotions.

"Happiness is not merely a life lived by accumulating moments of pleasure. On the contrary, happiness is a long lasting enduring enjoyment of life, it is being in love with living. It is your reward for achieving a good character and personal rational values in life. Some important values are a productive career, romance, friendship and hobbies. Achieving these values requires rationality and takes effort and skill. Two types of skills you can use are thinking skills and valuing skills. Once you learn to have confidence in your own mind and once you discover the virtues that make it possible for you to achieve your values and that make your life worth living, then you will experience the result - an earned pride and a genuine self-esteem. And of course happiness." (unknown source)

Why we should dream of happiness?

"In dreaming, we dreamers create a story or a play. Storytelling or playacting appear to be a very important part of human evolution; we dream because we need to dream in order to evolve. And, in fact, most creatures dream. Dreaming is the result of each creature's evolving awareness of how to adapt to its environment...It seems that the dream is the place where we learn how to become aware and to separate an 'out there' from an 'in here.' The dream is a laboratory of the self-creation. In this lab an entity becomes defined to itself. It's a self-referencing process, and the self-referencing process appears to be absolutely necessary for any kind of consciousness to occur. Hence we dream to awaken ourselves to the continual birthing experience of life." (Fred Alan Wolf; from "Matter Into Feeling").