

Story Telling: Pre-Classical Perspective

This first story is about the three brothers in Greek mythology, Eros, Hypnos and Thanatos. Ancient Greeks claimed that they were born from Erebus and Nyx (Nut in Egyptian mythology, Night in English and Nacht in German).

Eros is the One who joins together what reason would separate (night and day, body and spirit, male and female). He is the God of Love.

Hypnos is the One who shuts the door on rational awareness to open it to the visionary. He is the God of Sleep, Dreaming, and Visions.

Thanatos is the One who shuts down all thinking, visualizing, loving and hating. He is the God of Death.

Interestingly, all three Gods stand for one thing: the cancellation of daylight's rational processes of logical thinking, disciplined self-control, denial of natural instincts, order and loyalty, desire for achievement and status, need for control; **Eros** by giving way to paradox; **Hypnos** by giving way to the "fantastic"; and **Thanatos** by taking away everything.

But only **Hypnos** opens the mind to the oceanic world of images within, while the body remains latent if alive, and while the senses are experienced through the inner eye.

It is **Hypnos**, as the God of Dreaming, who takes us on the path to discovering all that is concealed underneath our ordinary persona, all that is repressed by our good manners and politically correct efforts, even all that was hidden away to spare us untenable emotions.

It is also **Hypnos**, as the God of Visions, who opens the path to awareness of a bigger picture. Indeed that is the path that visionary mystics have always walked, from Saint John the Theologian's Apocalypse to Black Elk's vision of loss and devastation for the Native American people; from Moses when he received the Ten Commandments to Lao Tse when he understood the I-Ching; from the cave paintings of Lascaux in the South of France to the petroglyphs of Native Americans. It is this state of mind that dictated the sand paintings to the Tibetan monks, the Navajo Indians of America and the Australian Aborigines. It is this altered state that inspired the Mayan's predictions about the year 2012 as the end of "time". It is this trance state that inspired the Vedic's reading of Kali's return and cleansing of our world around the year 2012.

Hypnos can open doors in every direction, to story telling that brings healing to our bodies, psyches and the earth, or to creating the images that lead us astray and deliver us into the hands of destructive forces nourished by

vengeance or terror. Can or should anybody cross the threshold into hypnotic state?

If accompanied by experienced guidance driven by love, and capable of nurturing our growth and development, by all means!

But if accompanied by experienced guidance driven by hate, greed, revenge, BEWARE!

– Claudine Jeanrenaud