

**MYTHS.** Humans started developing myths at the time of the paleolithic cognitive revolution, about seventy thousand years ago; we believed in myths more and more when we settled and began the agricultural revolution, ca. ten thousand years ago. **M**yth is generally seen in the context of religions, where they explain how a society's institutions, customs and taboos were established and sanctified. Often, myths are grouped together with history, endorsed by rulers as well as priests. **H**owever, myths can be ascribed another context: governments and corporations are also myths, since they do not have a corporeal 'materiality'; they are abstract entities given meaning by society defining their boundaries and agreeing on them. **I**n this context, myths are most potent conglomerates ... they sustain empires.

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*Yuval Noah Harari says in his book SAPIENS, myths describe not an objective reality but an imagined order such as motherlands, nations, kingdoms, capitalism, democracy and religions.*

**NOTHING.** Nothing is undervalued. Not many people care for nothing; few appreciate nothing; nothing has a negative connotation, better avoided. **N**othing can be done or owned. When nothing is owned we feel inadequate. Big business demands we accumulate stuff. Politicians and economists say without economic growth - brought on by consumption - our economy will slide into decline. **B**ut there is another way of looking at nothing. Those who appear to be doing nothing could be involved in contemplation or meditation. Even if we turn down those activities and truly do nothing, we contribute ... since we do not offend, abuse or deprive. **A**nd owning nothing can be an asset: If we own nothing, we do not have to worry about belongings ... those attached to nothing are free - truly free.

*The Tao Te Ching (book 1/27) puts nothing in a context that makes it clear not to underrate it:  
'Knead clay in order to make a vessel.  
Adapt the nothing therein to the purpose in hand, and you will have the use of the vessel.  
'Thus what we gain is something, yet it is by virtue of nothing that this can be put to use.'*

*see also TAO, WISDOM*

**NOW.** The Curse of NOW: A popular catch-cry of the New Age is to live in the NOW. To live in the past is counterproductive, one likely hangs on to resentment: Move on. **A**nd we are not to worry about the future, worrying is of no help, it may lead to depression and anxiety. Yet, the fact is, we have to live in the NOW; we can't live any other way; we don't have a choice; the NOW is a prison we cannot escape. **T**ime is linear and we are confined to this moment; bouncing forth and back is not an option ... though at times it may seem ever so desirable. But beware, other terms may apply to 'living-in-the-NOW': indolence and apathy; we must conquer those negatives. **W**hen living in the NOW we may resist change; the NOW suits us; all is ok, for NOW. However, climate change denialism is proof that living in the NOW can be disastrous.

*see also my blog 957*