

The Zarathustra Method

Nietzsche's idea that one not ought to stick to a certain method makes me a little wonder. I mean I do agree with him about the consequences; look at all the religious wars and at all the ideological wars! However on one side we have Aurelio teaching us to stick to a directive principle, a sort of Zen of the Roman Stoic philosophy. On the other we can think of De Cartes suggesting that one ought to stick to a method or a belief if one wish to go out of a forest; whatever the method if you stick to one direction you will eventually succeed. Lastly I am thinking of Ellul who suggested that the adherence to a formula results into magic.

I thus come to think of myself, for so many years I have adhered to a method, a method which I have tweaked over time and which have brought me far. Most of all however it is a method or a belief as I previously called it, which have allowed me to stay away from all forms of fanaticism. In this respect we ought to bring Seneca in the picture. I mean he was the one who saw the biggest vice in the sort of uprising we keep on experiencing today with people adhering to one or another opinion. Yet he did also claim that we ought to be fanatic of one thing and that is our virtue.

Thus I'd like to rethink Nietzsche in these terms. Yes, let's not adhere to any belief, especially the ones that are given ready-made to us, whether it is a religion or an ideology or even worst an opinion. Let's evaluate them but never blindly subscribe to any party but do cultivate virtue. Now in a time in which the Epicurean lifestyle is ever more pervasive (as I speak I could access the internet or my fridge), in this time of immediacy to have a self-built method to keep virtuous is without any doubt most necessary.

Certainly we ought to understand that it is our method, something we have tailored for us and something others can learn and get inspired from but I see no reason why a spiritual method of the kind could lead to any sort of oppression and inquisition. There is not a single formula which can be applied by anyone else. This is really what the establishment is projecting on us through for example social media interfaces or what governance is projecting on us through mandatory education. What I am talking here about, the method for example that I carry out is a Technology of the Self in Foucaudian terms, thus not a technology of power.

As shamans did not share there techniques with their villagers so are the folk of today venturing into a search for virtue. So yes I believe that adhering to a faith is necessary at the more shamanistic level of those sampling out the natural and the supernatural and with it foreseen the upcoming future a future of a humanity becoming ever more

arrogant in their own bubbles, bubbles which anyway does not allow the voice of the shaman to be heard. In such a societal sealing it is ever more important for the shaman to adopt a technical procedure of some kind.

Now I guess I once again infiltrate my opinion and that is literally that there are strong establishments based on opinions and, as Nietzsche predicts, they are just going to bring more violence and destruction. Although Nietzsche believed in a higher form of civilization to come, I think phenomena like Nazism are always around the corner. I mean look at how Hitler's idea to at all costs take Stalingrad have wiped out thousands of people. This is just an example but, if we keep on enrolling our offspring in establishments based on opinions and dogmas there is no way out.

What needs to be undertaken is at a personal level. We ought to allow each of our infants to see the naked reality, to be in contact with nature, to see it transforming. We need to have them experience life outside the bourgeois commodity bubbles we have created. Psychologists here might point out how traumatizing is to bring the kid out of his or her own environment and yet such small traumas, such sudden breath of life are far better than the otherwise inevitable clash of human armies under the false flags of beliefs. Look at what is occurring in Europe at the moment with all these nations getting back their sovereignties, these ridiculous nations products of a few hierarchs a few generations ago.

Again we nourish ideas and yet perhaps not even us ourselves are one person. If we can argue with it let's not argue of the fact that our existence is what it is, a short moment. Why would we want to spend it disturbing and attacking others to maintain or bring forward something they also need to accept? We thus ought to devise our own divination machines, something to keep us spiritually alive and stimulated, an experience we can share respecting the diversities. There is so much space for everyone and yet the mainstream ideologies force us all in small concentrated platforms in which power is distributed to some degree. let us step out of them and let us think of different other less imposing platforms, places where to host others and rejoy about the way we have managed to cultivate our spirit. Nothing more.