## THE WAY OF THE VISIONARY

One of the things that little children do first is to sing and chant to themselves. People spontaneously sing out of themselves—a different use of voice. By "song" we don't have to limit ourselves to the idea of lyric and melody, but should understand it as the voice as voice, which is the Sanskrit goddess VAK—goddess of speech, music, language, and intelligence. Voice itself is a manifestation of our inner being.

—Gary Snyder, The Real Work



Cross-culturally, there are many different perspectives from the indigenous peoples of each continent regarding the directions and seasons. However, the majority view them as presented here.

## UMMARY OF THE VISIONARY ARCHETYPE

The Visionary archetype asks us to tell the truth without blame or judgment. We express the Visionary when we honor the four ways of seeing and the power of prayer; when we give voice to what we see internally and externally; and when we bring forward our creative spirit and life dream.

## Four Ways of Seeing

- Intuition
- Perception
- Insight
- Vision

Four Universal Kinds of Meditation (Ways of Accessing Vision and Spirit)

- Walking/Moving Meditation
- Standing Meditation
- Lying Meditation
- Sitting Meditation



Four Ways that Maintain Integrity

- Truth-telling without blame of judgment
- Freedom from patterns of denial and indulgence
- Alignment of words and actions
- Honoring self in equal proportion to others

Five Universal Reasons for Self-Abandonment

- Need for love
- Need for approval and acceptance
- Need for keeping the peace
- Need for maintaining balance
- Need for harmony at all cost