

the High One presents

Sun-Optikos

a collection of poetic insight & inspiration
for spiritual awakening

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"Seeing the Whole Together"

www.geocities.com/SeeingTheWholeTogether

Worlds of more perfect possibilities

Come, walk with me up these magic steps
through mind changing doors

into bright worlds

Worlds of more perfect possibilities
where love is generous and not withheld
And kindness the more common thing
as trust is both given and deserved
Where our reformed inclination
is to seek out unique patterns of beauty
Beauty inherent in each of us
Which makes us all worthy of each

Ivar Vikingstad

(b.1928-d.2008)



"Go in the direction of the things you love"

This issue is dedicated to Minneapolis poet-philosopher-performance artist Ivar Vikingstad who died on August 3rd.

Meaningful Philosophic Communication

It has become my opinion that the highest duty of the philosopher is the successful communication of practical and thus potentially functional philosophical concepts. However, I give little importance in communicating these things to fellow philosophers or professors of philosophy or even students of philosophy. Rather, I feel the real target for meaningful philosophic communication should be the average person. The direction the world takes in human social evolution is predominantly dependent upon what the average person thinks. For this reason the ability to influence the thinking and opinions of the average person would greatly outweigh influencing all the ivory tower theorists in the world. I do not mean to suggest that it will not require the most demanding utilization of language including extending its power with specialized definitions for key terms in order to be able to deal accurately with subtle distinctions. However, I suspect that the most powerful and important philosophic concepts are expressible in simple and broad terms. Valuable philosophic concepts could hardly be expressed with excessive redundancy from too many perspectives. We need many possible articulations of each worthy idea to minimize the chances of misunderstanding.

From *Practical Philosophy*, 2007



Michael Franti and Spearhead at the 35th Annual Winnipeg Folk Festival, July 2008.
Photo by Dayz in Passion

Life is too short
to make just one decision.
Music's too large
for just one station.
Love is too big
for just one nation.
And God is too big
for just one religion.

Michael Franti

The Advantages of the Pessimistic Outlook

Pessimism is generally considered an undesirable attitude. Yet, one realizes that a pessimist is unlikely to gamble, or to optimistically believe that the future is going to be better than the past or the present. The pessimist will not allow him or herself to get into unmanageable indebtedness. Risky investments do not appeal to him. He has a cautious approach to everything. He does not easily trust others, not because he has a particular doubt about their sincerity, but because they may be wrong in spite of their sincerity. A job that has to be done right, he may prefer to do himself.

A cynic is an extreme pessimist, he doesn't just stop at the realization that one's expectations for the future often do not materialize, but further presumes that nothing ever works out, not in the past, the present or the future. A healthy pessimist recognizes that the future is chancy, and is not surprised if things go wrong, yet maintains hope. He realizes that he can do nothing to change the past and he might as well see the past as useful instruction for the future, as well as cherishing all the bright spots.

An optimist goes through life being unhappily surprised when things go wrong.

A pessimist goes through life being pleasantly surprised when things go well.

Ivar Vikingstad

from *Practical Philosophy*, 2007

***“God, the Divine, does not care about you, does not care about me.
That is why we need so much to care about one another.”***

Dayz in Passion

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