WHAT CAN MONGOLS TEACH US IN OUR URBANIZED WORLD ABOUT A REALTIONSHP TO NATURE AND INNATE HUMAN POTENTIAL?

Mongols possessed extraordinary physical abilities: endurance, discipline, sturdiness, hardiness. They have something to teach us with respect to our relationship to nature and our relationship to ourselves.

Their physical strength derived from their culture and was an expression of it. They needed to be out in nature most of the time. So they were strong and trained due to constant exercise. They used their physical and sensory abilities to the fullest. They were part of many invigorating life forces – wind, temperature changes, horses, camels. They had a culture where there was optimal possibility to develop many abilities, physical, emotional, spiritual, and intellectual. The Mongols’ lifestyle can be an example to us.

The Mongols perceived with their senses very well. They had keen sight, hearing and smell. They could detect people in the distance miles away and see and hear animals amongst trees miles away. They could perceive other people’s feelings and intentions by looking at them. It was hard to hide anything form they or escape from them.

The Mongols originally came from a forested area in Siberia. They said their people descended from a blue wolf and a fallow deer. People from forests feel a high degree of reverence for nature. The forest has an effect on people. Green plants, herbs and trees symbolize healing, growth and regeneration. Trees shelter and protect people and wildlife. Closeness to nature brings an awareness of interconnectedness and gives people a sensitive intuition, a flexible mentality, and adaptability.

The Mongols were intuitive. Intuitive means ability to perceive with the senses and to observe and comprehend without reasoning, without conscious reasoning. It means grasping something by a single flash of insight. Intuitive understanding and instinctive understanding stress an automatic and spontaneous reaction to something.

Today we have an over-emphasis on the rational which has led to emotional distance from the natural world and estrangement from nature. Our natural
inclination should be to harmonize with nature to have a reverence for Mother Earth since we are part of nature. Intuitive and emotional grasping of things is the hallmark of all living beings. But today we consider intuition and instinct as “irrational” and inferior.

The Mongols took a stand against civilized life in the 1200’s.

We can learn from the incredible achievements of the Mongols about the pulsating life in ourselves and in the environment. Their deep feeling for and sense of belonging to nature and togetherness with the living natural world is something we can learn from and we must use our intuition for guidance in our lives. Resistance and challenge from the environment and our competitors fosters development and true excellence.