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Floating Stones

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In the great Hindu epic, the Ramayana; a wondrous tale of cosmic adventure in a world of people, gods and demons engaged in the struggle between good and evil, there is the story of building a vast bridge over the water so that the god Ram's army of monkeys and bears can reach the island where the great demon Ravana holds Ram's wife, Sita, captive.

As with all ancient Hindu stories, this offers a host of symbolic clues to guide us on our spiritual journeys. The building of the bridge over water to rescue the beloved Sita who was born of the mother nature, gives us clues about how to regain our connection with our true nature by rescuing it from Ravana, the god of trickery, master of illusion and self-indulgences.

The challenge facing Ram's army of monkeys and bears is how to build the bridge. Monkeys and bears have no knowledge of such things. But one monkey recalls that there is one monkey among them who has the unusual ability to float stones. Before long the vast bridge is constructed using thousands of floating stones thereby allowing the army to crossover and bring Sita, their true nature, home.

What do floating stones symbolize? If you pay close attention you can see that a floating stone is a thought and its related emotion or feeling. The water, as with most symbolic traditions, represents illusion, the bottomless ocean of Maya.

A thought that sinks is made of doubt, fear and all the similar, related emotions; anger, depression, craving etc.. A stone that floats, on the other hand, is made of trust, faith, love, devotion, generosity and similar uplifting thoughts and their related emotions and feelings.