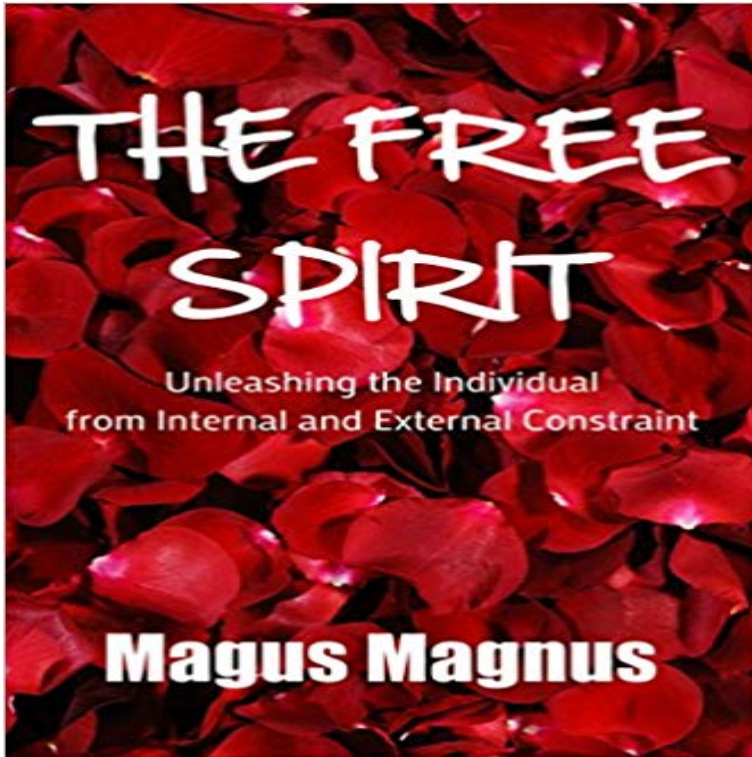


# The Free Spirit: Unleashing the Individual from Internal and External Constraint



Untamed Thought and Deed. Role Models for Radical Liberation. Ecstatic Pathways to the Divine, blazed by Saints and Sinners Alike. This book explores the Free Spirit as a historic concept and contemporary possibility for liberation. The promise of true, wild life: personal freedom, divine freedom. In offering examples and liberating experiences throughout the course of its exploration, this book proposes a Canon of the Free Spirit (or anti-canon, by its nature) useful for reference to individuals, works, and deeds that model courageous freedom of mind and soul. Exposure to great and questionable figures such as the ancient Greek philosopher Heraclitus and the ancient Roman Emperor Heliogabalus demonstrates that free-burning spirits once thrived. Egyptian pharaoh Akhnaton and his love Nefertiti, angelic medieval mystic Marguerite Porete, and the diabolical Rasputin give proof of concept beyond all contexts. Thus, you'll find wild examples of pansexual ecstasy, mysterious proponents of mystical anarchy, and saints and sages of radical love. You, because - Imagine! Wildest personalities from history offered for your current possibility, and re-imagined for human renewal into the future. Poetic ways of living, life-affirmative ways of knowing. Magus Magnus pursues an affinity for the Free Spirit concept in the wake of his iconoclastic treatment of Heraclitus in *Heraclitean Pride* and amidst his in-progress project, *Heliogabalus: Priest of the Sun, Emperor of Rome*. This is philosophy of the poet, and ecstasy of the philosopher. The Free Spirit refuses to accept false limits and any form of oppression: internal, external, societal, or circumstantial. Franz Kafka once said, A book must be the axe for the frozen sea within us. Don't forget to Look Inside! (to be interpreted in more ways than one, but do scroll up to the top left and Look

Inside), and start the process of hacking away at what's iced over inwardly. Magus Magnus work sources poetry and the poetic as central both to the extremes of interiority (thought, philosophy) and exteriority (performance, deed). Born in L.A. in 1967, Magnus privileged upbringing in Southern California did him no favors, but brought him lasting distrust of materialistic veneer and, by his teen years, charges of malicious mischief from the Beverly Hills cops. He lives only for love and to drink from the Enchanted Spring. His books include The Re-echoes, Heraclitean Pride, Idylls for a Bare Stage, and Verb Sap.

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