

# THE MODERN HIPPIE

## THE LAKE EXPLORES THE “HIPPIE” LIFESTYLES OF THE SWAMP.

‘Hippies’ are typically regarded as people who dressed unconventionally, reject conformist ideals, and take hallucinogenic drugs. Throughout history, this oversimplified notion has become its definition. The root of the hippie movement revolved around environmentalism and represented a divergence from industrial materialism in favor of maintaining a close and personal connection with the Earth. Beginning in the 1960’s and moving into the 1970s, many Americans were motivated by a distaste for American involvement during the Vietnam War and a desire to seek spiritual and emotional enlightenment through Indian and Buddhist culture.

The catalyst for the hippie movement is regarded as the Beat Generation. A group of authors and poets, including Allen Ginsberg, Jack Kerouac, and William Burroughs came together in order to elude traditionally accepted writing styles. These writers went to extremes in order to achieve a more enlightened mindset. Their writing is known as beat poetry, and has influenced political and personal mindsets ever since.

While the “Make Love, Not War” idea is still present in hippie culture today, the term “hippie” encompasses many different avenues and facets of the values and practices different people engage in. Doing yoga or engaging in veganism, practicing meditation or crystal healing and using different drugs to expand the bounds of the mind—being a hippie isn’t just one thing and typically manifests itself in a variety of ways for different people across both the SLHS and Colorado communities.

# THE EMOTIONALLY- GUIDED HIPPIE

There are spiritual and physical practices that drive people towards the lifestyle of a hippie, but being a hippie isn't exclusively a single stereotypical characteristics. Many self-identified hippies are driven by their emotional experiences with peace, love and compassion. There is a part of the modern generation that is not accounted for in the stereotypical and commonly discussed "hippie" lifestyle the people who are not driven by an external energy or physical health, but rather an internal drive towards emotional interconnectedness between people, the Earth and awareness within themselves.

Hannah Spencer, a former student at SLHS represents one aspect of this group of people:

"I think everybody has a different way to go about it... I think that the perception of hippies today is a lot more on the way they dress and what they talk about and you know the care for being vegetarian or vegan or things like that. And I think for me it's more of an internal thing," Hannah said.

Being a hippie isn't something that is set in stone, it is something that is very nuanced and faceted and it is up to each individual to decide which aspects they want to embody. In media, both currently and throughout history, the hippie being portrayed was someone who could be outwardly identified as a hippie, however, this is not necessarily the case anymore. Meditation in this context, is different for every person and Spencer elaborates upon this:

"I often meditate but I think that there is a connotation around meditation that [you] have to sit there and be silent and not think about anything, and the way that I go about it is more letting thoughts be and giving them the focus [they] need and then letting them go, and that way I can ground myself," Spencer said.

Mediation is a practice that has been around for hundreds of years and has its roots in Buddhist culture, however, there are a variety of people who identify in a variety of ways who mediate and that doesn't inherently make them a hippie. As the practice of mediation grows and begins to resonate with a wider variety of people, spaces like the Boulder Shambhala Center act as a place for individuals to explore different aspects of culture they may not be predisposed to.

Danny Goldsmith, the Director of Path and Service of the Shambhala Center, referred to mediation as a way for people to connect with themselves.

"It allows a space for people to come and just sit and just be with their basic human experience. [Meditation] is just about being and breathing and getting to the core of feeling one's place, one's experience."

The Shambhala Center is a Tibetan Buddhist Meditation Center in Boulder that offers a space for people to connect to their internal emotions and spirituality and engage in traditional Buddhist meditation practices. The Shambhala Center offers a variety of guided classes and multiple different levels of mediation practice. The Center isn't specific to people who consider themselves to be hippies, it is open to anyone who wants to step away from the chaos of life and learn to just be; this represents one way practices thought to be specific to hippies spreads throughout different aspects of society.



## SHAMBHALA CENTER



# THE SPIRITUALLY- GUIDED HIPPIE

Chakras and pendulums are commonly seen on posters or through the windows of a kiosk at the mall. It has been given its own aesthetic, and is commonly looked over as another hashtag on Instagram, but the spiritual practices behind this “trend” deserve more thought than a double tap.

Bambi Simard, a former student at SLHS, is an example of a spiritually guided hippie. Through things like pendulums, chakras, meditation, and religious practice, Simard continues to thrive in the ways of peace and love despite the stereotypes and generalizations that might skew the image of her lifestyle.

With judgement aside, Simard describes her participation in spiritual practices like pendulums, tarot cards, and chakras.

She says, “I use pendulums more because it’s easier to use, you can just ask basic questions and it goes one way for yes and another for no.”

Along with the use of pendulums, Simard alludes to her own experiences with meditation and astral projection.

“I practice meditation normally... meditation was something that I learned when I was really young from my grandma.” Simard said. “If you meditate and align your chakras, you can leave your body. Your body will fall asleep... you have to focus your breathing, keep your mind going.”

Astral projection has been mentioned in cultures world wide. It is an out of body experience that is said to be achieved through meditation, hypnosis, and hallucinogens. Through great spiritual practice, Simard has learned to do great things with her mind.

Simard’s unique lifestyle has consequently given the surrounding people an outlook that is very judgemental and passive. She describes what the world has wrong about the hippies of today.

“They always expect [hippies] to constantly be smoking weed and always be high and just be kind-of lazy and stinky, and that’s not how it really is... most people don’t know who I am until they actually start talking to me,” Simard said.

This a common image of someone who appears to be a hippie, and when this notion is applied it does not go unnoticed. When asked if she had experienced being generalized first hand, she said:

“I have... Because of my drug rug or my ‘sarape’, or the fact that I like to walk around in moccasins when there’s mud outside.”

By putting up with the assumptions and accepting the pain that comes with them, Simard has achieved a mindset that proves itself worthy through simple smiles that wouldn’t have existed without her, and a sense of self awareness that takes frequent and intense care.

Being a hippie isn’t about how someone dresses, what someone believes or even if they embrace the term “hippie”; at the end of the day it’s about the energy individuals put out into the world and the conscious attitudes they implement into their lives.

| Mikey Pietroiaco | Riley Ruff | Jay Keodonexay

## 1950S

### THE BEAT GENERATION

The catalyst for the hippie movement was the Beat Generation. A group of authors and poets, including Allen Ginsberg, Jack Kerouac, and William Burroughs came together in order to elude traditionally accepted writing styles. These writers went to extremes in order to achieve a more enlightened mindset. Their writing is known as beat poetry, and has influenced political and personal mindsets ever since.

## 1960S

### ACID TESTS

Ken Kesey, an american novelist, threw a sequence of parties based entirely upon using the psychedelic drug LSD, also known as “acid”. The term “Acid Test” was coined by Kesey based off of the use of it in the 1850’s by gold miners. The influence on LSD counterculture and the transition between the Beat Generation and the Hippie movement was fueled by the participation in these events.

## 1960-1970

### ANTI-WAR PROTESTS

Many different groups participated in largely non-violent protests that were in opposition to the United States involvement in the Vietnam War. There was a climax of antipathy in 1968 which eventually led to the gradual withdrawal of US forces. Anti War activities, specifically resistance to enlisting in the war forced an end to US combat in Vietnam.



# THE PHYSICALLY-GUIDED HIPPIE

Society perceives hippies to be the people who run PETA and Greenpeace and are relentlessly trying to convince people to go vegan, but this grossly overgeneralizes the diversity and variance among people who live in so-called “alternative” lifestyles.

Elly Garner '20 discussed this idea of being a compassionate and ethical vegan rather than the stereotypical “hippie.”

“I don’t consider myself different from anybody else. Like my lifestyle is just something that is me and is me personally. I don’t try to conform to a certain type of [label],” Garner said.

In the context of this story, the idea of being physically guided references the food someone consumes and the different practices they engage in with the intent to better their physical being and the world around them. Garner described the lifestyle she lives: composting her food scraps and eating vegan, a diet that is exclusively plant based with no animal products, and avoiding products that are ultimately harmful to the environment.

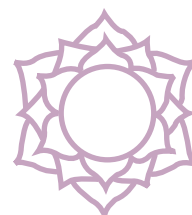
“I only use recyclable materials and I try to [avoid] fast fashion and [stuff] that can be easily thrown away and is bad for the environment. [I] try to find [sustainable] brands for clothing [and] that’s pretty much where I’m at with my [life],” Garner said.

She talked about how the things we, as humans, do have a variety of impacts across the globe and how we only have one Earth to take care of. Living in a conscious manner, being aware of the footprint we are ingraining in the Earth, stems from education and support and this is something Garner emphasized:

“I think the biggest thing was getting support in the things I was doing and having people say “wow, I understand what you’re doing”, “[I] respect what you’re doing” and kind of encouraging me to fight through [the challenges].”

There are many different ways to start engaging in a more environmentally-centered lifestyle, one being bringing reusable bags to the grocery store and buying products from environmentally conscious companies, buying local produce and taking the time to appreciate the nature that surrounds us. Reflecting on our existence and the impact we have on this planet is one of the easiest ways to be more environmentally conscious. Even though all of these things are small changes, as Garner said:

“If everyone does a little, no one has to do a lot.”



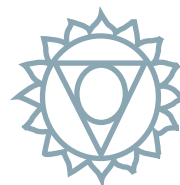
## CROWN CHAKRA: SAHASRARA

This chakra is represented by the element of light and fosters spirituality and balance within someone’s life.



## THIRD EYE: AJNA

The third eye chakra is associated with an individual’s ability to be rational, logical and analytical.



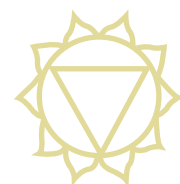
## THROAT: VISHUDDHA

This chakra is represented by the element of light and fosters spirituality and balance within someone’s life.



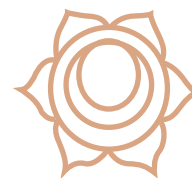
## HEART: ANAHATA

This chakra represents the element air within the body and is the most fragile chakra. It influences our personal relationships and can be the birthplace of jealousy, anger and distrust.



## SOLAR PLEXUS: MANIPURA

The Solar Plexus chakra is regarded as one of, if not the most, influential chakras as it symbolizes each individual’s personal power and ability. It fosters energy and confidence.



## SACRAL: SVADHISHTANA

This chakra represents the water elements present in the body and fosters happiness, joy and compassion.



## ROOT: MULADHARA

This chakra represents the water elements present in the body and fosters happiness, joy and compassion.

1966

## THE GRATEFUL DEAD

An American rock band formed in 1965 in California. Their various influences have been distilled into a diverse and psychedelic whole that is the music they create. Originally the group started out as “The Warlocks”. The first show they performed with the name Grateful Dead was at one of Ken Kesey’s acid tests and ever since the dedicated fans truly brought devotion to a new level. By building a community and connecting it through technology, the band helped people around the world share their passion for the music and communicate with each other long before the Internet and Facebook came along.

1968

## SUMMER OF LOVE

The Summer of Love was a mass gathering of people in San Francisco who dressed in colorful clothing and universally disagreed on the state of society. Acid rock music filled radio waves, people embraced eccentric outfits and regarded LSD and ecstasy as mind-opening substances.

1969

## WOODSTOCK

In August 1969, The Woodstock Music and Arts Festival took place on a dairy farm in Bethel, NY. Over half a million people came to hear 32 acts perform over the course of four days. Jimi Hendrix, The Grateful Dead, The Who, Janis Joplin, and Nash & Young were some upon the line-ups of entertainment. Woodstock is known as one of the greatest happenings of all time and a major pivotal moment in music history.