

Episode #439 Psychopomps | Guides Of The Afterlife 23rd Jan, 2024

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Transcript

[00:00:00] Hello, hello hello, and welcome to English Learning for Curious Minds, by Leonardo English.

[00:00:11] The show where you can listen to fascinating stories, and learn weird and wonderful things about the world at the same time as improving your English.

[00:00:20] I'm Alastair Budge, and today we are going to be talking about something called "psychopomps".

[00:00:26] The word "psychopomp" might be unfamiliar to you, it's certainly not a common one in English either, but it means someone who guides you in the afterlife, after you die.

[00:00:38] And in this episode we are going to talk about these people, these often god-like figures, and how they have been interpreted through history.

[00:00:47] On our journey we'll travel through Ancient Egypt, Ancient Greece, Norse Mythology Hinduism and Middle Age Italy.

[00:00:57] We have a lot to get through, so let's get right into it.

[00:01:02] The Greek philosopher Socrates is once reported to have said, "To fear death is no other than to think oneself wise when one is not, to think one knows what one

¹ understood, regarded

does not know. No one knows whether death may not be the greatest of all blessings for a man, yet men fear it as if they knew that it is the greatest of evils."

[00:01:28] In this quote, Socrates is reminding us that nobody knows what happens after death, yet we fear it like it is the worst possible thing that can happen. If you are to take a purely atheist3, non-believing perspective, and you would prefer to be alive than dead, then yes, surely death is the worst thing that can happen to you.

[00:01:51] You die, nothing happens, and there is no possibility of return. It is not good news.

[00:01:58] But if you have some kind of religious faith, perhaps you believe that something happens after you die.

[00:02:06] Perhaps you will go to some kind of heaven, if you've led a good life, you will meet loved ones, you might be changed into an animal of some sort, perhaps it will be marvellous.

[00:02:18] Perhaps you might not be so sure whether you've led a "good life", and you might be slightly nervous about what might happen to you after death.

² good things that happen to someone

³ related to the belief that there is no god

[00:02:30] As Socrates points out, even those with the most **fervent**⁴ of religious beliefs don't claim to know exactly what will happen.

[00:02:40] Death is a <u>leap</u>⁵ into the unknown, but if you believe that there is something that <u>awaits</u>⁶ you after you take your last breath, you will no doubt be happy to have someone guide you, to show you the way, to help you with the <u>transition</u>⁷.

[00:02:56] These people, these figures, are called "psychopomps", and many world religions and belief systems have some form of guide of the afterlife who leads you and helps you make the journey from the land of the living to the land of the dead.

[00:03:14] Now, theoretical, or perhaps <u>theological</u>^g, part out of the way, let's meet our first psychopomp.

[00:03:21] His name is Anubis, or Inpu in Ancient Egyptian.

[00:03:27] You might be able to picture him.

⁴ strong and passionate

⁵ big jump

⁶ is waiting for, expects

 $^{^{\}rm 7}$ the process of changing from one situation to another

⁸ related to the study of religion and god

[00:03:29] He looks like a man, but has a black dog's head, with large <u>pointy</u>⁹ black ears.

[00:03:36] His head is the head of a <u>jackal</u>¹⁰, really, the sort of wolf-like dog <u>native</u>¹¹ to Northern Africa.

[00:03:44] And this gives us our first clue as to where Anubis is thought to have come from.

[00:03:51] You'll know that Ancient Egyptian pharaohs12, the ancient kings, were buried
13 in underground tombs14 and at times under pyramids, but most people in Ancient
Egypt didn't get such a royal burial15.

⁹ having a sharp shape or pointed tip

¹⁰ a wild wolf-like dog

¹¹ belonging to that particular place or region

¹² ancient egyptian kings

¹³ placed in the ground after death

¹⁴ structures for burying the dead

¹⁵ the act of placing a body in a grave

[00:04:05] They were <u>buried</u> in relatively <u>shallow</u>¹⁶, underground <u>graves</u>¹⁷, often only a few centimetres underground, which meant that their bodies would be dug up by these hungry dogs and eaten.

[00:04:18] I know it's probably not a nice thought, but it leads us directly to the creation of Anubis.

[00:04:25] Because these <u>jackals</u>¹⁸ used to <u>lurk</u>¹⁹ around <u>gravesites</u>²⁰, <u>eager</u>²¹ for a fresh grave to be dug and lunch to be waiting for them, these animals came to be associated with death.

[00:04:39] So, in early Ancient Egypt, the god whose role was to be a protector of graves was depicted²² as a fierce jackal.

[00:04:48] After all, <u>jackals</u> were the threat, so what better animal to fight off the jackals than another jackal?

¹⁶ not deep, having little depth

¹⁷ holes in the ground where bodies are buried

¹⁸ wild wolf-like dogs

¹⁹ stay hidden, waiting

²⁰ places where graves were located

²¹ very enthusiastic or excited

²² shown or represented

[00:04:57] Now, as things progressed, this **jackal** god changed slightly, turning from a full **jackal** into a man with the head of a **jackal**, and his role also started to change.

[00:05:11] He was no longer <u>merely²³</u> the protector of <u>graves</u>; he was given several <u>crucial²⁴</u> psychopomp <u>duties²⁵</u>.

[00:05:19] His role was to help people cross from the realm26 of the living to that of the dead, so when you died, he would be there waiting for you.

[00:05:29] He would then take you to the important next step, which would <u>dictate²⁷</u> what happened next.

[00:05:36] This was the weighing of the heart, where the heart of the dead person would be weighed against the feather of an ostrich²⁸.

[00:05:46] If the heart weighed more than an <u>ostrich</u> feather, the dead person would be eaten by Ammit, a terrible creature that had the back legs of a hippopotamus, the front legs and body of a lion, and the face of a crocodile.

²³ only or just

²⁴ extremely important or necessary

²⁵ responsibilities or tasks that needed to be done

²⁶ area or domain

²⁷ determine or control

²⁸ a large flightless bird with long legs and a big body

[00:06:03] And, to state the obvious, you didn't want to be eaten by Ammit, this was not good news at all, and meant that you would essentially die again, this time permanently.

[00:06:14] But, if your heart was lighter than the <u>ostrich</u> feather, this would mean that your soul was pure and true, and Anubis would then guide you towards Ancient Egyptian heaven.

[00:06:28] Importantly, and this is going to be a theme with several of the psychopomps we'll encounter²⁹, Anubis did not judge; he led the dead person to the scales and helped them make the journey.

[00:06:41] He was neither good nor bad, he did not try to influence³⁰ what happened, he was merely a helpful guide, but an essential one; without him, the dead person had no way of knowing where they needed to go, no way of getting to the weighing of the heart, and therefore no way of getting to heaven.

[00:07:02] Now, our next psychopomp is one that you will probably know if you are a fan of Greek myths, and that is Charon.

²⁹ meet or come across

³⁰ affect, determine

[00:07:10] Charon is the <u>boatman³¹</u> of the Greek underworld, picking up the souls of the dead and carrying them across the River Acheron and River Styx in his boat.

[00:07:22] He was normally <u>depicted</u> as a <u>grim</u>³², elderly man, or more as a <u>skeletal</u>³³ figure, linking him closely to the idea of death and <u>mortality</u>³⁴.

[00:07:34] And of course **crucial** to the idea of Charon was the idea of travel, travelling from life to death, the known to the unknown, across the river in his boat.

[00:07:47] Importantly, Charon's service was not free, there was a $\underline{\text{fee}}^{35}$ to cross the river.

[00:07:54] And if you could not pay the fee, well Charon was not running a charity³⁶ down there; he wouldn't let you cross, the rules were the rules.

³¹ someone who operates a boat

³² unpleasant or depressing

 $^{^{\}rm 33}$ looking like a skeleton (the framework of bones in the body)

 $^{^{\}rm 34}$ the state of being human and not living forever

 $^{^{\}rm 35}$ an amount of money paid for the service

 $^{^{\}rm 36}$ an organisation that helps those in need

[00:08:04] In the Aeneid, Virgil describes what happened to people who didn't have any money to pay the <u>fee</u>, and that was the punishment of having to wait at the <u>shore</u>³⁷ for a hundred years before they were allowed to cross the river and enter the underworld.

[00:08:19] And, as you may know, coins were often found in the <u>burial</u> sites of people in ancient Greece, and the reason archaeologists believe that people were <u>buried</u> with money was to pay Charon, the boatman, and avoid the <u>fate</u>³⁸ of essentially being "stuck on the platform" for 100 years.

[00:08:40] Now, moving on to our next category of psychopomp, we are going to jump forward a few centuries, and go further north, to Scandinavia.

[00:08:51] And this category of psychopomp is a little different, it will buck the trend³⁹, as they are all female.

[00:09:00] A valkyrie is a sort of female guide in Norse mythology who guides the souls of soldiers who have died in battle to the Norse heaven of "Valhalla".

[00:09:12] In fact, the Valkyries buck another trend because they are not merely non-judgmental guides; it is the role of the Valkyries to decide who dies in battle and who doesn't.

³⁷ the land beside the river

³⁸ destiny, end

³⁹ go against the usual pattern or trend

[00:09:26] Now, you might be thinking that this makes them kind of nasty, evil, figures, if they are choosing who will live and who will die, but if that's what you're thinking, you are not thinking like a Viking.

[00:09:38] Remember that for a Viking warrior, almost the best thing that can happen is to die a glorious⁴⁰ death in battle, it's something you look forward to, not fear.

[00:09:51] And the Valkyries decided who would die based on <u>valour⁴¹</u> and <u>prowess⁴²</u> in battle; a viking warrior had to earn the right to die in battle, it was a reward, not a punishment.

[00:10:04] If a warrior was so lucky as to die in battle, this was where the Valkyries really came into their own.

[00:10:11] They were beautiful, majestic⁴³ women who rode on horseback, angel-like figures almost.

⁴⁰ wonderful and full of glory or greatness

 $^{^{\}mbox{\tiny 41}}$ courage and bravery in facing danger

⁴² skill or expertise

⁴³ having impressive beauty and causing admiration

[00:10:17] They would descend on the battlefield and guide the souls of the fallen warriors towards Valhalla, the huge banqueting44 hall in Asgard, the home of the Norse gods.

[00:10:29] But that wasn't it. Upon arriving in Valhalla, Valkyries also played a role in welcoming and integrating45 the warriors into their new existence.

[00:10:40] This existence, this life in Valhalla, was essentially a non-stop feast and battle, which would continue until something called Ragnarok, which is a huge battle in Norse mythology in which several important Norse gods die, there are huge fires and then a massive flood, the entire world is submerged underwater.

[00:11:03] If you ask me, Valhalla doesn't exactly sound like heaven by my standards, but I am obviously not thinking like a Viking.

[00:11:11] Now, let's move on to psychopomp number four, which is a very different kind of afterlife guide to the valkyries.

[00:11:20] Yama is a god that features prominently in both Hinduism and Buddhism, and there are also similar characters in Iranian mythology and in Japanese culture.

⁴⁴ relating to large and festive meals

⁴⁵ Bringing them together and making them part of a whole

⁴⁶ completely covered by water

[00:11:32] Now, because the character of Yama is so spread between cultures and religions, he varies greatly, but here are some of the key themes.

[00:11:43] In Hinduism, he is <u>depicted</u> as a <u>fearsome⁴⁷ deity⁴⁸</u> with green or red skin, four arms, riding a <u>buffalo⁴⁹</u> and carrying various weapons.

[00:11:56] He isn't the kind of person that I imagine you would particularly look forward to meeting after death, but it turns out that he has quite an important role to play, not just as a guide.

[00:12:07] Unlike characters like Charon or Anubis, who do not judge and merely direct, Yama can decide where to send a soul.

[00:12:17] He is the lord of hell, but he can, if he so wishes, send a soul elsewhere; to purgatory⁵⁰ or even to heaven.

[00:12:27] And after deciding where someone goes, he actually sends them there, fulfilling his important role as a psychopomp in those religions.

[00:12:37] Now, our fifth and final psychopomp is the most important of all, the most interesting, in my opinion, the best "guide", and the father of all psychopomps.

⁴⁷ extremely frightening or intimidating

⁴⁸ god or divine being

 $^{^{}m 49}$ a large, often wild, mammal with horns and dark brown fur

⁵⁰ a place or state of temporary suffering before reaching heaven

[00:12:48] And he is also unique in that he is an example of how a historical figure can be reimagined as a psychopomp in literature.

[00:12:59] If you have read Dante's Divine Comedy, La Divina Comedia, you will remember how Dante <u>recounts⁵¹</u> his own journey through hell, <u>purgatory</u> and then heaven, and the characters he meets along the way.

[00:13:13] It's an epic⁵² poem, in every sense of the word, and it is also an epic journey.

[00:13:21] Of course, Dante was unable to make this journey on his own, so his account called for a guide to the afterlife, a psychopomp.

[00:13:30] And we've actually already heard his name in this episode, it's the Roman poet Virgil.

[00:13:37] Right at the start of Dante's Inferno, "Hell", he <u>comes across</u>⁵³ a man who he realises is one of his literary heroes, Virgil.

[00:13:46] Virgil is not in hell himself. I mean, he hasn't been sent to hell, he has been sent down from heaven specifically to guide Dante on this divine journey.

⁵¹ tells the story of or describes

⁵² very long and grand in scope or scale

 $^{^{\}rm 53}$ encounters or meets unexpectedly

[00:13:59] And if you've read The Divine Comedy, you will know how much of a <u>pivotal</u>⁵⁴ figure Virgil is, advising Dante on his journey, pointing out different people, and explaining different punishments.

[00:14:11] In fact, Virgil plays an important role before Dante even gets into hell <u>proper</u>⁵⁵

[00:14:18] If you recall psychopomp number two, Charon, he also features in Dante's Inferno. Dante and Virgil approach the river Acheron, but Charon refuses to carry Dante across.

[00:14:32] After all, Dante the character isn't actually dead, and so he has no right to be taken across the river.

[00:14:40] It is only the intervention of Virgil, who tells Charon that Dante is on a <u>divine</u>

56 journey, that allows him to cross the river and start his voyage.

[00:14:50] And this is only the beginning.

⁵⁴ of central importance or significance

⁵⁵ in a suitable way or completely

⁵⁶ related to God

[00:14:52] The other psychopomps we have talked about today have pretty specific roles, whether that be the weighing the heart of a dead person or ferrying57 them from one side of a river to another.

[00:15:04] Virgil's role as a psychopomp is the most multi-faceted. He guides, he advises, he protects, and he explains.

[00:15:15] He is also used as a <u>literary device</u>⁵⁸ by Dante the poet to demonstrate things like the limits of human reason. Virgil is a pre-Christian character, so despite the fact that he represents the <u>pinnacle</u>⁵⁹ of classical human knowledge and wisdom, there are limits to his understanding. In other words, he's used as a <u>literary device</u> to show that there are spiritual things that even the most intelligent people can not understand, if they do not have faith in God.

[00:15:48] And there we have it, a brief journey through time and myth, exploring the fascinating figures known as psychopomps.

⁵⁷ transporting them across water

⁵⁸ a technique used in literature for a specific effect

⁵⁹ the highest point or peak

[00:15:57] From the ancient tombs of Egypt to the <u>ethereal⁶⁰ realms⁶¹ of Valhalla</u>, and from the judgement halls of Yama to the poetic guidance of Virgil, we've seen how different cultures and belief systems have grappled with the universal mystery of death and the afterlife.

[00:16:13] What's fascinating is how these guides of the afterlife, these psychopomps, though varied in their roles and origins, share a common purpose – to escort us through the transition from life to whatever lies beyond.

[00:16:29] In learning about these figures, perhaps we can find some comfort in the face of the unknown and recognise the shared human quest⁶² to understand life, death, and the mysteries that lie beyond our mortal⁶³ understanding.

[00:16:45] OK then, that is it for today's episode this brief exploration of Psychopomps.

[00:16:51] As always, I would love to know what you thought of the episode.

[00:16:54] What other psychopomps, both spiritual and fictional, do you think we should have included?

[00:16:59] I'd love to know, so let's get this discussion started.

⁶⁰ out of this world

⁶¹ spheres or areas of existence

⁶² search for something important

⁶³ relating to the state of being human and not living forever

[00:17:02] You can head right into our community forum, which is at community.leonardoenglish.com and get chatting away to other curious minds.

[00:17:10] You've been listening to English Learning for Curious Minds, by Leonardo English.

[00:17:15] I'm Alastair Budge, you stay safe, and I'll catch you in the next episode.

[END OF EPISODE]

Key vocabulary

Word	Definition
Interpreted	understood, regarded
Blessings	good things that happen to someone
Atheist	related to the belief that there is no god
Fervent	strong and passionate
Leap	big jump
Awaits	is waiting for, expects
Transition	the process of changing from one situation to another
Theological	related to the study of religion and god
Pointy	having a sharp shape or pointed tip
Jackal	a wild wolf-like dog
Native	belonging to that particular place or region
Pharaohs	ancient egyptian kings
Buried	placed in the ground after death

Tombs structures for burying the dead

Burial the act of placing a body in a grave

Shallow not deep, having little depth

Graves holes in the ground where bodies are buried

Jackals wild wolf-like dogs

Lurk stay hidden, waiting

Gravesites places where graves were located

Eager very enthusiastic or excited

Depicted shown or represented

Merely only or just

Crucial extremely important or necessary

Duties responsibilities or tasks that needed to be done

Realm area or domain

Dictate determine or control

Ostrich a large flightless bird with long legs and a big body

Encounter meet or come across

Influence affect, determine

Boatman someone who operates a boat

Grim unpleasant or depressing

Skeletal looking like a skeleton (the framework of bones in the body)

Mortality the state of being human and not living forever

Fee an amount of money paid for the service

Charity an organisation that helps those in need

Shore the land beside the river

Fate destiny, end

Buck the trend go against the usual pattern or trend

Glorious wonderful and full of glory or greatness

Valour courage and bravery in facing danger

Prowess skill or expertise

Majestic having impressive beauty and causing admiration

Banqueting relating to large and festive meals

Integrating bringing them together and making them part of a whole

Submerged completely covered by water

Fearsome extremely frightening or intimidating

Deity god or divine being

Buffalo a large, often wild, mammal with horns and dark brown fur

Purgatory a place or state of temporary suffering before reaching heaven

Recounts tells the story of or describes

Epic very long and grand in scope or scale

Comes across encounters or meets unexpectedly

Pivotal of central importance or significance

Proper in a suitable way or completely

Divine related to God

Ferrying transporting them across water

Literary device a technique used in literature for a specific effect

Pinnacle the highest point or peak

Ethereal out of this world

Realms spheres or areas of existence

Quest search for something important

Mortal relating to the state of being human and not living forever

Language spotlight

1. Buck the trend

- Meaning: To go against the usual pattern or trend.
- Synonyms: Defy convention, swim against the current, break with tradition.
- Antonyms: Follow the trend, conform, adhere to convention.
- Examples:
 - "In a world of fast fashion, she decided to **buck the trend** and create sustainable clothing."
 - "Most investors were selling their stocks, but he chose to **buck** the trend and buy more shares."

2. Come across

- Meaning: To encounter or meet someone or something unexpectedly.
- Synonyms: Stumble upon, run into, chance upon.
- Antonyms: Avoid, overlook, miss.
- Examples:

- "During their hike in the woods, they **came across** a hidden waterfall."
- "I was surprised to **come across** an old friend at the bookstore yesterday."

3. Fallen warriors

- Meaning: Soldiers who have died in battle.
- Synonyms: Deceased soldiers, fallen heroes, warriors who perished.
- Antonyms: Surviving warriors, soldiers who lived through battles.
- Examples:
- "The memorial honours the bravery and sacrifice of the **fallen warriors** who fought for their country."
- "In ancient times, songs and stories were often dedicated to the memories of the fallen warriors."

4. Pay the fee

• Meaning: To provide a specific amount of money for a service or access.

- Synonyms: Settle the payment, cover the cost, make a payment.
- Antonyms: Receive a refund, get a discount, avoid payment.
- Examples:
 - "To enter the museum, you need to **pay the fee** at the ticket counter."
 - "He was unable to **pay the fee** for the concert, so he missed the performance."

5. A leap into the unknown

- Meaning: To make a bold and risky decision or jump into action with uncertain outcomes.
- Synonyms: Dive into uncertainty, venture into the unfamiliar, embrace the unknown.
- Antonyms: Stay in the comfort zone, avoid risks, play it safe.
- Examples:
 - "Starting your own business can be daunting, but sometimes you need to take a leap into the unknown to achieve success."

 "She decided to take a leap into the unknown and move to a new city to pursue her dream job."

<u>Quiz</u>

Listening Comprehension Multiple Choice Questions

1. What is the main theme of the podcast episode regarding psychopomps?
a) The history of famous poets
b) The origins and roles of afterlife guides
c) Socrates' beliefs on life and death
d) The architecture of ancient tombs
2. According to the podcast, why did jackals become associated with death in Ancient Egypt?
a) Because they were used as hunting dogs
b) Because they were worshipped as gods
c) Because they were known for guarding graves
d) Because they often dug up buried bodies

3. What was Charon's role as the Greek boatman?
a) Protecting graves
b) Guiding souls across rivers
c) Deciding who goes to heaven
d) Weighing hearts against feathers
4. What is the significance of the Valkyries in Norse mythology?
a) They are responsible for protecting warriors in battle
b) They are the guardians of the gods
c) They determine who dies in battle
d) They are known for their wisdom
5. In Dante's Divine Comedy, why is Virgil considered a psychopomp?
a) He ferries souls across a river
b) He guides Dante through hell and heaven
c) He decides who goes to heaven or hell

d) He collects fees for p	oassage
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Т	rı	10	٥r	Fa	lse:
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- 6. Socrates believed that death was the greatest blessing for a person. (True or False)
- 7. Anubis had the head of a lion. (True or False)
- 8. Charon would allow anyone to cross the river Styx for free. (True or False)
- 9. The Valkyries in Norse mythology determine who dies in battle as a punishment. (True or False)
- 10. Virgil is a historical figure who guided Dante in the Divine Comedy. (True or False)

Fill-in-the-Blank:

- 11. You'll know that Ancient Egyptian _____, the ancient kings, were buried in underground tombs.
- 12. This category of psychopomp is a little different, it will buck the _____, as they are all female.

13. He is also used as a literary by Dante the poet to demonstrate things
like the limits of human reason.
14. He was neither good nor bad, he did not try to what happened, he
was merely a helpful guide, but an essential one.
15. His head is the head of a jackal, really, the sort of wolf-like dog to
Northern Africa.
Vocabulary Practice:
16. What does " fervent " mean?
a) Without belief
b) Passionate and intense
c) Cold and indifferent
d) Logical and rational
17. Choose the correct definition of " ethereal ":
a) Earthly and solid
b) Heavenly and mysterious

c) Noisy and chaotic
d) Realistic
18. What is the synonym for " lurk "?
a) Appear
b) Hide
c) Run
d) Laugh
19. What does " mortality " refer to?
a) Immortality
b) The state of being famous
c) The condition of being subject to death
d) The act of giving life

20. What does the phrase "play it safe" mean?a) Avoid risks and be cautiousb) Take risksc) Play sports safely

d) Act recklessly

Answers

- 1. b) The origins and roles of afterlife guides
- 2. d) Because they often dug up buried bodies
- 3. b) Guiding souls across rivers
- 4. c) They determine who dies in battle
- 5. b) He guides Dante through hell and heaven
- 6. False
- 7. False
- 8. False
- 9. False
- 10. True
- 11. pharaohs
- 12. trend
- 13. device
- 14. influence
- 15. native
- 16. b) Passionate and intense
- 17. b) Heavenly and mysterious
- 18. b) Hide
- 19. c) The condition of being subject to death
- 20. a) Avoid risks and be cautious