

What can you do with soul sand in minecraft

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William Hope/Unsplash What does it mean when we describe someone as an old soul? As descriptors go, it's more intuitive than precise: No psychologist can diagnose you with an "old soul" condition, and even the most spiritual among us generally mean it metaphorically, rather than literally. It's not necessarily that you've lived past lives (although, of course, that's one interpretation). Rather, it's about being wise beyond your years, able to see the big picture and act with empathy and compassion (here are 3 simple ways to be more empathetic). Sarah (name changed for privacy), a teacher friend, can easily identify kids in her classroom who are old souls: They're the ones who feel things deeply, display extreme compassion and wisdom, or are a touch moodier than their peers. "I feel that a person who has an old soul often has an innate understanding of how the universe works," she says. Life can seem harder for these kids, but Sarah also finds "they often have a deep center that is unflappable no matter what the circumstances are around them." The old souls in her classroom tend to have incredible emotional tools—far beyond what you'd expect for their age. (Looking for more ways to live a happy, healthy life? Order Prevention—and get a FREE Yoga DVD when you subscribe today.) That kind of perspective and calm are rare at any age; if you possess them when you're young, people around you might remark on the apparent discrepancy between your actual and spiritual age. If you've been described as an old soul, the following is probably true of you. This article was originally published by our partners at RodalesOrganicLife.com. Advertisement - Continue Reading Below You started hearing about it when you were a kid. From the time you could understand human speech, you overheard adults describing you as an old soul. Sometimes this was a compliment, meaning that you were mature for your age and grasped concepts that should have been years out of reach. But sometimes it was an explanation for why you were driving the genuine old folks crazy. Think of it from your parents' perspective: It's hard to get away with much when your preternaturally perceptive child is questioning your every move, like a 2-foot-tall adult with no grownup responsibilities to distract her from the pursuit of truth (this is what it's like to raise a highly sensitive child). It's a lot like living with Yoda (remember that Yoda lived alone, probably for a reason). But you didn't much like being a child. "I feel like the Beach Boys' 'I Just Wasn't Made for These Times' is an anthem," says comedian Sue Funker. "It's like I've always been a little more life-wise than everyone due to my older parents and siblings." Adults may have found you unsettling, but kids were certain you were a weirdo—and they probably let you know about it. Kids are cliquish, even more so than adults. If you often felt a little ahead of your peer group in some ways and a little behind in others, this will sound familiar. The good news is that feeling like an outsider isn't necessarily a lifelong affliction. For one thing, by the time you're an adult, you're usually more comfortable being who you are. It's also easier to find likeminded souls when your social life isn't predetermined by school. As an adult, you have the freedom to move to a new town, take a different job, even train for an entirely different career. Even the Internet is helpful in this regard—you can always find someone who likes what you like, even if what you like is "weird." MORE: Why Some Kids Are More Spiritual Than Others You can see things from other people's point of view. Old souls know that there's always more than one way to look at something, and they can put themselves in someone else's shoes. That doesn't mean you always agree with the person you're talking to—but you do find it easy to understand their perspective. This ability to see both sides of an issue makes old souls fair-minded—rather than just going with their gut, they make decisions based on carefully accumulated facts and opinion. The downside? Old souls often appear uncommitted to their own point of view. If people accuse you of being changeable, just keep in mind that what you are is rare. Not everyone will see what you offer, but your ability to see others' perspective benefits everyone. MORE: 5 Perks Of Being A Highly Sensitive Person You're OK spending time alone. Old souls come in every personality type, from wildly extroverted to deeply introverted and shy. But one thing they all have in common is that they're good company for themselves, even if they also enjoy the company of others. "I almost always prefer time to myself than packing my calendar with social events," says Rachel D., a project manager at a digital agency. "Some of my favorite activities are going for a stroll, people watching, going to a concert/coffee/meal alone." Here's why old souls feel comfortable in solitude: In addition to perspective and empathy, old souls tend to have pretty decent imaginations. If you've always been good at entertaining yourself, whether you're a bookworm or an artist or an enthusiastic collector, you already know what we're talking about. MORE: 9 Ways To Survive The Holidays Alone You focus more on what connects people than divides them. One reason old souls are so good at seeing multiple points of view is they understand that people have a lot more in common than they realize. While most see the differences between individuals and groups, old souls see the points of connection. If this describes you, you're probably used to being the peacemaker among your family, friends, and colleagues. Again, that's not because you lack opinions, but rather that you see what's truly important: the things that bring us together. MORE: 10 Instant Mood-Boosting Foods You're always on the lookout for your kindred spirits. Old souls are rare, which means they don't run into one another every day of the week. As a result, when they do meet, there's a spark of real connection. If you've ever met someone and felt like you've known them for years, or like you recognized each other in a way that made you both feel seen and understood, you already know what we're talking about. Possibly the best thing about being an old soul is that when you do find your people, the friendships you form tend to last. (Here are 7 ways to build a network of supportive friends who will help you get through anything.) I'm in an Arabian desert—heading downhill and picking up speed. I don't know . . . 15, 20, 185 miles per hour . . . whatever it is, it's starting to feel fast, and yet I also feel, briefly, in total control. I lean left, I turn left. I lean right, and right I go. I bend my knees and pick up still more speed—all the while spraying a supercool-looking plume of red dust behind me. The soundtrack swooshing in my head: bad American pop music. Highway to the danger zone, indeed. You can probably guess what happens next. I came to Jordan on the occasion of a friend's wedding. His family and friends, trying to dissuade me from taking a bus to Iraq or the West Bank, sent me here, to Wadi Rum, nestled peacefully between the two. "It's the most beautiful place on Earth," Omar, a relative, had told me. "And you know what you can do there now? Sand surfing." We know it as sandboarding in America, and it's one of the fastest-growing extreme sports in the world. Though evidence suggests the ancient Egyptians were the first to try desert sledding, the modern equivalent began in California in the 1950s, when a few surfers camping out on a beach got the bright idea of dragging a car hood to the top of a sand dune and riding it to the bottom. Eventually, someone made the trip standing up, and it didn't take long before the sport became popular among snowboarders looking to hone their skills year-round. Now people are sandboarding in some 500 spots in 37 countries—from Australia to Namibia to Peru. And, of course, the United States. The sport only recently found its way to Jordan, where I ventured into this emerging extremist subculture to better understand why so many people believe strapping a board to their feet and plunging downhill is the path to a more fulfilling life. Desert Ride! had tried a few board sports before—I can hold my own on a wakeboard and was pretty good at a skateboarding video game I played on Commodore 64. But beyond that, I would have to rely on Ghassan, my "expert guide," to show me the way. Ghassan meets me at a Wadi Rum campsite, and from there we hop into his four-wheel drive and head deep into the desert, ignoring the Bedouins who want to rent us camels. "What do you want to listen to?" Ghassan asks. "Celine Dion, Bobby Brown, or Kenny Loggins's greatest hits?" Wow, this is the middle of nowhere. And holy crap, is it hot. I'm talking ant-under-a-magnifying-glass hot—surely over 100° F. As I hike up our chosen sand dune, my skin is turning crisp and my calf muscles are burning something fierce, as my boots sink deeper into this mountain of dry quicksand with every aching step. It's like being on a stair climber in hell. When we finally make it to the top, I catch my breath and enjoy a moment of clarity. Above me: a majestic calculus of opaline sky. Below: a majestic calculus of earth tones, made fresh each night by the wind. I'm communing with Nature—beautiful, fiery, virgin Nature—and she's daring me to have my way with her. As Ghassan shows me how to strap on my board, I begin to suspect he's not as expert as I thought. "Your board's on backward," I say, noticing the cockeyed position of his feet. "See, the words are upside down. . . . Before I can argue the physics of the matter, Ghassan plunges down the hill, screaming, "Wooooo!" A second later, he catches an edge and cartwheels toward the bottom. "Woooooo!" he screams again. Now it's my turn. I point my board downhill and shift my weight forward. Six inches later, I come to a complete stop. Hmm. This is peculiar. I keep pushing, then hopping, then I tumble halfway down the dune. With Ghassan still hiking back up (a dune buggy or even a rope can make this part a lot less cumbersome), I try again, and again, and eventually start to figure it out. Surf n' Turf! It's like other board sports, really, with a few small adjustments. Your instincts tell you to lean forward, but to get moving, you have to shift your weight back. The more weight you put on your rear foot, the faster you go. (Skilled sandboarders reach upwards of 55 mph on the world's tallest dunes, which have vertical drops of 800 feet or more.) To steer, simply lean the way you want to go, kicking the back of the board in the opposite direction. Throw your shoulders into it and you'll turn more smoothly. Watch for stray rocks and shrubs. They make for either good natural jumps, slalom markers, or world-class face-plants. A rock is what ultimately does me in, just as I'm cruising comfortably. Not the rock itself—it isn't even a big one—but the sight of it. Do I jump it? Cut around it? As I contemplate the possibilities, my sense of control transforms into a feeling of falling helplessly down a giant hourglass. Next thing I know, my sweaty, scorched body is covered with millions, maybe billions of particles of soft, rusty silica, and I can taste nature between my teeth. "Awesome!" Ghassan yells from above, laughing. "You're a sand surfer now."

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