From Darkness Interpretation

I think From Darkness is a tale that's trying to make people be better people. It plants the seed that everyone should be evaluated with clarity and not in moment to moment glances. The scene I infer this from is when the fisherman is running away from a supposed monster, but comes to realize that it's just a harmless skeleton, one of a soon-to-be great companion.

It also tells us a little bit about the physicalities of the Inuit people. We see the diet, clothing, environment and shelter of a fisherman from one such tribe. Although fictional, very representative of the real Inuits. They live in the cold, eat only meat, wear warm clothes, and live in leather tents.

We can infer that they have some belief in afterlives, or resurrection. This encourages them to respect their dead. This is shaky however because the dead person in the tale may be representative of something else that can "come back to life" in normal circumstances.

From Darkness Symbolism

Water is a big player in the symbolism of From Darkness as it represents both sides of the moral coin: hate and death, but also love and life. It could also be said that it harbors the unknown as the lake in the tale is one of great mystery and treachery.