

Creative Currents

from Kari's world - May-June 2014

From the SEMINAR IN VOSS 2014

The seminar **WHOLE PERSON - WHOLE WORLD** led by David Karchere was about sustainable development of human beings and their world. Our world is built by people.

What builds the human being?

We began Friday evening with each of us telling something about the experience and interest which had drawn us together for this event. We further connected through chanting and allowing the invisible flow of energy to move freely around our circle, gathering the energy into an invisible container where it would be safe to participate from the heart. Building a safe surround. Building a sense of community!

Then we considered this sentence: "When I walk in stillness...." What happens when you move in an internal state of stillness? There was a variety of expressions and thoughts for further reflection. When I walk in stillness I feel at peace. ...I become aligned with life's natural rhythm. ...I feel connected.

Saturday began with a focus on **PRIMAL SPIRITUALITY**. That is the natural spirituality we are born with. It is the beginning of all religion, but as it is passed on to new generations, something is lost in the process. Religion has been used for power and politics, and primal spirituality has been replaced with something far from its beginning, or lost because its value has been discouraged. We have been encouraged to follow set interpretations, and not to develop our spirituality. Religion is meant to help people to have a personal spiritual experience. We tend to just buy, or reject, what is sold to us.... A person is considered a consumer rather than a human BEING. Who am I? That seems to be a common question. When we are BEING who we are, we know who we are. When we put the care of the human being first, then money will have meaning and purpose. Quite often it is turned around; the value is put on money and material things, we become consumers, and we forget who we are, what we were meant to be.

The cross and the sun have been **SYMBOLS OF LIFE** from ancient times, symbols of primal spirituality. Crosses have been expressed in a variety of forms in different cultures. Some have forms to symbolize life in motion. The swastika was a symbol of cosmic energy, a symbol of creation. The word means blessing in Sanskrit. The power of the Roman empire turned the cross from a symbol of life into a symbol of death. Christianity reached the Celtic people and Ireland without the Roman influence, and they continued to use their own cross of life, encompassing all creation. After World War II the meaning of the swastika had in human consciousness become totally transformed from blessing to something evil. That is how symbols can be owned, taken over by others, and given new meaning.

Native people in various countries talk about **THE CIRCLE OF LIFE**, and life's four directions. The cross is often found inside a circle in many symbols carved in stone and wood from earlier times. It is the sun, and the circle of life which can also mean the earth.

This can be a clear visible image of how life works: We can draw a ring with a cross inside, and place the spiritual on top, the emotional on one side, the mental on the other side, and the physical at the bottom. In order to be a whole human being, the life-stream has to move through the whole circle. Many people think they can leave out the spiritual, that a life without spiritual concern is freedom. It is actually the opposite! Letting the spirit of life flow through our body, is like breathing freely, letting life be whole! If the life stream only goes between thoughts and feelings and the physical body, we are not allowing for the connection to the force of life's continual flow. That is like being a potted plant instead of living free in nature.

We need a **SHIFT IN CONSCIOUSNESS**. We may feel that "life is happening to us," but we are actually part of life's creation. My thinking creates my life. Life is constantly happening, but the way I think about it, directs my expression and action, and affects my experience. In David Karchere's words; "As consciousness opens, we are opening to that cosmic energy. The energy we receive is cosmic in nature because it is, ultimately, the same power that pervades all of creation, from the atom to the stars. Any true spiritual practice assists a person to engage consciously in this process." The experience of how forgiveness and blessing can broaden our consciousness, were useful exercises at the seminar.

It is said that **COURAGE** is the most important virtue, but what is it? Cour means heart. Courage is something of the heart. At the Sunday session of the seminar we considered courage. We wish to have a safe life, but without courage, there may not be much life at all. "A ship is safe in the harbor, but that is not what it is for." Fears are felt for many reasons, preventing us to do what we were meant to do. There are many quotes from brave men; "Whatever course you choose, someone will tell you it is wrong." "Courage is going from defeat to defeat without losing enthusiasm." But courage does not have to mean great actions. Courage is to act from my heart-consciousness in any daily situation. The courage to be myself, the willingness to think for myself, and the courage to act on my ideas.

What is my next step of courage? - to share this seminar-experience with friends, so that they may be inspired to do what it takes for THEIR next step. - to continue the topics covered at the seminar, with a study-group. – together with others plan more events for sustainable development of human beings and our world, in Voss and other places.

From "The Shift Network": "Are fear and self-doubt holding you back -- even a little bit -- from sharing your unique gifts with the world?"

*The difference between a humdrum and an amazing life often comes down to one simple thing: **courage**. And the great news is that courage is not something you either have or don't -- it's something you can grow and expand in your life."*

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I will be traveling in the American Midwest June 16 – 30. Norwegian-American conference in Appleton WI June 18-21. Interesting exhibit at Hardanger Folk Museum, The cross as symbol. Interesting seminar in Hamar, Norway June 22-28 (in Norwegian) www.helge-hognestad.no