

years by Tibetan lamas in North India at the invitation of the lamas themselves. His reaction: “L or R... it’s the exact same thing! The frequencies of these two sounds are so close on the Hertz scale that they are practically the same letter!” Alright... the Chinese have known this already for a long time! And I? I am happy with his answer.

With this writing I now finally appear on the floor. What audacity! Yesterday at the Varese Psychosynthesis Center I made my way through the Labyrinth, developed by a group from the Varese Center. Around my waist a rope with 3 knots and in my head the question: “What do I need to write?” Step by step, accompanied by my competent and dear friend Patrizia, I was able to untie the knots. It’s a story for another time... maybe, if I ever find the time and feel like sharing. Now I have to have the content of this old video cassette put on a flash drive or CD so that I can watch this TV show again in which I’m announced on the stage!

And you... if you want to watch neuroscientist Jill’s experience, and I recommend it, you can find it here:

https://www.ted.com/talks/jill_bolte_taylor_my_stroke_of_insight?language=it



THE CREATOR

Translation by Gordon Leonard Symons

How much has been talked about, for some time now, about creativity! It seems we can’t do without it; it seems to be more indispensable than air; yet for how many millennia the word was not even known, nor was it known what it was.

Then, a lucky few are recognized as creators, and the somewhat sad definition comes: “creative is someone who invents something new and useful”. Yes, fine, but: useful for what? To be produced, bought? Now finally the great intuition: we can all create. Create, but what? What to pursue when creating?

And here the heart responds: not utility, but Beauty. Beauty that takes our breath away, makes us bright and light, takes us high and far away. Beauty that is sense and measure, and patient, loving care.

*Going light, and white and long
fingers like butterflies that from branch
to flower stem grass, trunk stump
consoled by mosses,
go hovering – at the dawn of each day
so the world finds me: blessed
with a crystalline gaze, and awake and ready,
ringing with ancient wonder.*

*And with pebbles and sticks and branches
of secret beauty transparent
is dear to me in silence to remain
to weave pride of flags,
fix warps and knot wefts
of stories and tales
and songs
and of vivid colours to trace
the paths of meaning and bewilderment
that guide our step, our remembering
about me, us, everyone -*

*that in the heart
may sink playful and with dolphins
of the soul rediscover breath
and dazzling of waves, and guessing,
until a seed becomes a round gem.*

*And here I expose it to the windowsill
be it written, painting or melody
and the wind picks it up and scatters it
here, there, everywhere along the meadows
and the laughing embankments. And you stretch out
your hand and grasp, and my joy you feel*

identical and different – enchantment.

Let us hold them, with care and respect, in the palm of our open hands, and let a dance, a harmonious drawing, a scene, a new, stupendous synthesis intertwine between them. And let us look at it again: is there perhaps something missing, something that is not essential? Let us listen, let our heart guide us until it is truly accomplished, until it is truly perfect. Behold, a new Beauty is created. And it shines all around and radiates.

EXPERIENCE

We look around, and we are at the centre of our creative atelier: a large, fresh and airy room, illuminated by the sun. We find ourselves, happily, alone with ourselves - and as we wander through our room of the soul, we feel more and more clearly a deep sense of contentment arising in us: in here, we lack nothing that we could ever need.

We recognize around us, in the room, illuminated by rays of warm light, everything that makes up our life today: people, places, situations, relationships, objects, thoughts, emotions, memories...

We look at all these elements around us with affectionate attention, we recognize them one by one; we observe them with wonder as if we were seeing them now for the first time.

And we feel the desire to create an image of our life, a gift of Beauty that bears witness to us, that encloses the meaning of our life and summarizes it: in Beauty.

We are able to realize now that some of the many elements of our life give off a special splendour, a truly joyful and vital light. Let us call them to us, ask them to come next to us, let us enjoy their light, recognizing them, one after the other.