

## Interactions, the language of the soul ?

There is a constant interaction between our visible world and the spirit which gives life to it and movement. It has always been a challenge to discover the connection between these two dimensions, their interaction. Artists seem to be the people who most intensively dedicated themselves to reveal this connection. And deciphering their language has always lead either to a joyous illumination and sudden understanding of our reality or to facing a puzzling mystery. Nevertheless, not everyone is even trying to decipher anything at all, since your attention might dwell on the surface of represented things without wondering about a possible connection between the appearance and the inner reality which shapes it.

Sound, music, colours, words, shapes, images, stories, landscapes everything reveals, expresses, and in the same time conceals the inner spirit which gave life, form, to it.

Animals, elements of the nature, stories are privileged means which can help us discover the inner realm of spiritual life.

What is it going on with us, what am I experiencing, where am I going to, which is my destiny, who am I really? We need to see our reflection in the external world to be able to seize part of this mystery.

Everything which exists manifests an aspect of our spiritual adventure, journey. How can we reach an understanding of it? Seeing ourselves in the others, recognising our own in everything, a landscape, an animal, anything. Abolishing any distance between us and the world, we are part of it, we are not superior to it, we are not different. Welcoming life in any of its expressions, dimensions, enables us to discover the inner mystery which connects us all to one another, like members of one and only body.

Interactions between various realms are keys to open up our eyes to this mystery which interconnects us all in one. "All that you will do to one of these creatures, you will do it to me". Recognising the pain of someone, anyone, human, plant or animal or ground or earth, as my own pain is accessing the spiritual dimensions from which everything receives life.

Welcoming life in any of its forms is key to the deeper joy of being one, in any circumstance. Exploring all the dimensions of life, all the interactions that are suggested to us by the twelve movies, leads us to the one and only world where everything is art revealing beauty beyond appearances, unity beyond divisions, leading towards hope through understanding the mystery of our life, of nature, of animals, plants, minerals and stars and sun, water and light, sound and silence. Everything which interacts can generate life, preserve life, let's explore this dimension. Let's assume this reality of being one and receive the gift of life from one another : from water or light, from human or animal, from the vibration of a stone or a sound. Let's preserve harmony as we preserve our own body, let's measure interactions to discover the infinity of our life together.