

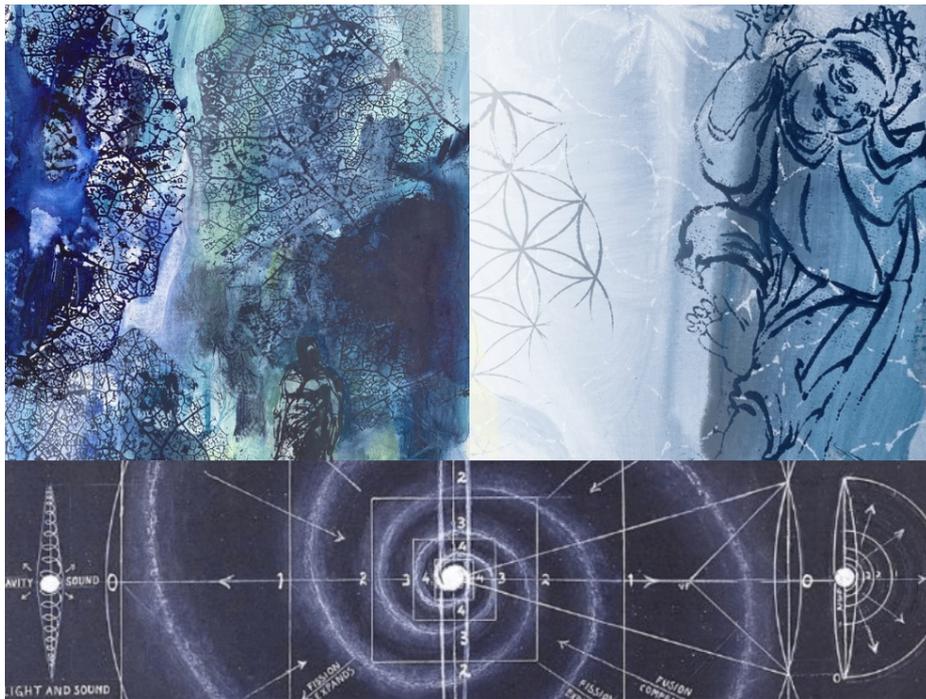


THE DANGER OF WORDS

and how to go beyond...

Our physical reality is created by our thoughts and our worldviews much more than we often realise. Artists and poets have always tried to go beyond our 3D world, finding new non-logical ways to use the brain or instead just go into the heart space to find new inner freedom, a creative unlimited space filled with new possibilities.

I send it again with the FOLLOW link below!



It is an art to find a space of freedom beyond words. Our thoughts are constantly attaching us to our reality. When we become aware of our thoughts we can start to change them... and also change our world.

The German philosopher Wittgenstein said that our language creates the borders of our world. What we have no words to express we can't see nor imagine. The concepts and the words we are using are creating a box that we stay inside. They create a map of the world, that is not the real world. It is important to be aware of this. (Like the Indians in America that couldn't see the European ships coming, because they existed neither in

their language nor in their consciousness)

In this way, every culture is living in a different world and it is an illusion to think, due to the internet, that we are understanding each other. I often feel this in Japan when the "I" in a phrase is rarely used, which creates a culture with more connections between the people or the Chinese language using symbols that are giving poetic meanings that are never exact but have to be translated into a subjective way...

To free ourselves from the limitations created by our language, we can choose a new way of thinking, use new words, go beyond the logic, but to do this we need to first be aware of our thoughts! That is the first step into transformations.

Art and poetry can help us. They opens our heart, and helps ut to feel a deeper reality...without our minds.

In France, around 1920 the dada movements as well as the surrealists were trying to find a new language to free the mind. They tried fluid writing, inventing new words with no logic, to find deeper meanings. In Japan the zen philosophy with its "koans" are searching answers for not logical questions, to create real brain gymnastics far from logic.

Here is my father's poem writing about the "limit of thoughts"...often a frustration for poets !

"I accept the limit of thoughts, but I realise that beyond it is the light and the signs

I accept that the stillness paralyses the water

Yes, I accept even the storm that breaks branches

Now do you see why I draw the patterns of the branches

Over and over again..."

There is a lot to say about this and I will add later what Dr Joe Dispenza, a neuroscientist, teaches us about our brain and how we can learn to go into a deeper space inside ourselves to change and create our future. ☐
Yes, words have for sure a huge power...

For you who have not yet chosen to follow me into a deeper reality through art, poetry and science, please do!

I will write about beauty, harmony, creativity, science and so many things that inspires me in my creative artistic space and that we all need to live a more passionate life filled with beauty.

I would love to share my artistic world with you!

I will soon close the group

Yes please I will follow!



Helenacreations

5 chemin de l'Etoile, 31320, Pechbusque

You got this e-mail because you are my friend or a contact and I would love to inspire you.

[Afficher dans le navigateur](#) | [Se désinscrire](#)

