

## LET THE CULTURE SPEAK- some impressions by Kari Kähönen in April 2008

My name is Kari. I have been member of the Let the culture speak now for five years. It has been a great joy for me to visit Stockholm fore times a year, travelling by local bus and train from airport to city and sense the real multicultural atmosphere of Stockholm. All these years our meeting place has been a beautiful and peaceful old house in the middle of the small park. Now we are moving and I don't know yet how it will affect us.

I have been part of this group now more than 20 times, it means 80 sessions. Why am I still coming all the way from Finland here to Sweden? I found some very good words by *Manitonquat (Medicine Story)*, which reflects my experiences in this group very well:

*There is a closeness, a bond, that forms as people begin to abandon their protective masks and armour and get glimpses of the innocent, loving, joyful children that is our unchanging essence. This bond with others is often the strongest, dearest and most hopeful relationship that people have ever known. Hopeful because through them we can see our own essence clearly, through them we can know how completely loveable we are, and we can freely give the great love inside us, we can work on and free ourselves from old patterns that block our energies and distort our perception of reality, we can release the power of our creativity and just generally have more fun in all the moments of our lives.*

Sitting in the circle, where everybody is at the same position to each other and has the freedom of speech and thinking. We take the time to listen respectfully to each other, and come to really know each other. The more we know the more we understand. And when we understand anyone we start to like him or her. It's human. Because we come from different cultures, it helps us to understand and see more clearly how different cultures have shaped us. In normal every day life it is often impossible to see all those structures and forces which make us experience more and more stress, more isolation, less sense of satisfaction and well-being, less love, more violence, less joy, more anxiety. What we are trying to allow in our circle is the natural closeness of human beings, and we are finding that it does indeed work for us.

It is important to understand that this is no "quick fix kit" to better life. But if you are ready to spend some time and if you are interested to find your original human sense of being connected, both to other people and to your core self, this circle of Let The Culture Speak is inviting you to join us and experience all this for your self. Learning by your own experience goes deeper every time you come. Even after five year I am still learning, enjoying and feeling better in my every day life.