

Art of Being Human - Part 2

By
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As we become clearer about our beingness, we can address our humanness. As a human, we are different from other sentient beings, the animals. As humans there are some distinct differences that set us apart from the animal kingdom. Without over-simplifying the issue, as I've contemplated the question "why are we here" for many years, and I've become aware of 3 purposes or essential "reasons" for being human.

The first of these is *experience*. What we experience in this lifetime and how we perceive, respond or react to those experiences, largely defines who we are and who we will be. Some experiences are pleasant, inspiring, uplifting or motivating. Some are painful, heavy, dark or saddening. However, were it not for both the positive and negative types we could not experience either. Such is the duality or polarity of our human existence. There is no dark without light, no up without down, no positive without negative. Experience shows up in the form of lessons or blessings, from which we can learn and grow.

Many of us may tend to dwell more on the lessons, even though we perhaps don't see them as such. Somebody who was robbed yesterday is less likely to see any lesson in the experiences than someone who had the experience a year or more ago.

Few of us learn very much from the things that go right, the blessings in our lives. After all, usually that's the least we expect! How often do we acknowledge all the wonderful, relatively insignificant things that have just happened? "I woke up healthy every day this week." "I made it safely driving to work." "I got paid at the end of the week." These things we tend to take for granted and they happen all the time, so why focus attention there?

It's been said that what we focus our attention on is what tends to expand. Thus, if we bring our attention to even the seemingly mundane and obvious, as long as it is positive, then we will tend to notice more positive experiences. At the same time, by focusing our attention on experiences that are negative, about the things we don't want, or thoughts that are fear-based, then we tend to notice more of those as they show up, thereby seemingly expanding our experiences of the negative. I've often wondered why so many of us seem to prefer to describe the things that go wrong, rather than the things that go right. Do we think it's more interesting to describe how "bad" traffic was, rather than expressing what a "comfortable" drive it was? Perhaps we're seeking sympathy or support as we complain about money that is owed to us, rather than celebrating the money that came in this week?

Hindus say, "The world is as you see it." Your experience of your world, the way you see and describe your experiences of the past, says a great deal about the way you are likely to experience life in the future. If you choose to change your future experiences of this life, pay attention to what you have been focusing on, whether positive or the negative, the language you use, and change it - now!

The second main reason for existence is to *create*. We are constantly creating or manifesting something, be it physical or energetic, positive or negative. As human

beings, we have been described as fingers of the divine that calls us to partake in the act of creation. Even those of us who claim that they are not creative are nonetheless *creators* and hence part of the creative process.

Sometimes we create art in one of its various forms. Sometimes we create practicality, buildings, vehicles, computer hardware or software. Sometimes we create children and families or perhaps extended families. Sometimes we create inspiration or motivation through healing, teaching or leading and sometimes we create destruction through various thoughts, words and acts of unconsciousness. Other times we create destruction through various means of unconsciousness. Sometimes the creations are carefully thought through and crafted in our minds. At other times the creation is more spontaneous as a feeling or emotion of the heart, and occasionally we are so driven to create something that is an expression from deep within, from our very soul. We feel it as a life mission or purpose.

None of us is more or less of a creator than another. Although many would argue that some are more *creative* than others, none of us have more or less *power to create*. This power resides within us all, just as a seeds sits in the ground awaiting the perfect conditions for germination. This power to create is just part of the power that resides in us all.

This overall *power* is the third reason for being human. We are all born with extraordinary power. The question is not whether or not we are powerful, the question is how we manage our power. Some of us are unconscious and may manage our power irresponsibly. Examples of irresponsible management of power might be: the husband who drinks and beats his wife; the manipulative seductress; the corrupt corporate CEO or politician. At its extreme irresponsible management of power can show up in the hands of political despots such as Saddam Hussein or Adolf Hitler, and every day in the news we hear about similar such examples in greater or lesser degrees. Perhaps someone close to you demonstrates such behavior?

What about responsible management of power? Fortunately we do have plenty of examples of those who have used their power with responsibility. In business today, proponents of "fair trade" and "corporate social responsibility" are taking into account the impact their business practices may be having on their employees, their community and on the environment. Some of the more obvious examples of individuals who have demonstrated responsible management of power include Mahatma Ghandi, Mother Teresa, Nelson Mandella and Marin Luther King. Others go by relatively unnoticed each day, committing random acts of kindness, in their thoughts, words and deeds. Some are teachers, healers or leaders, and some manage their power in relative obscurity with anonymity. Examples of these people also show up every day, although they tend not to make the headlines in the same way as those who are unconscious or managing their power irresponsibly.

So, we have established three reasons or purposes for being human; Experience, Creativity and Management of Power. Those of us who are operating in the "light of the present" and who are more conscious most of the time will tend to have positive experiences and create good in the world through responsible management of power. Those of us who are operating in the "dark of illusion" will tend to have negative experiences, creating some form of pain or suffering, even in incremental form, for themselves and others, and will tend to manage their power irresponsibly.

The questions we must ask ourselves:

**How have I been human until now?
How will I be human from now on?**

What are your answers as you reflect on the last week, the last month and the last year?

What have been your experiences? Can you frame them all as positive experiences?

What have you created whether tangible or energetic? What "ripple" have your actions or reactions created?

Now, consider your power. How have you managed your power? Have you attempted to control others, through force, coercion or manipulation, or have you stood in your own power and managed your thoughts, words and actions with responsibility?