

insights

welling up from the experience

What is important to you is all you need, but how to know what is important?

As long as I have “this one thing” everything else is just something to work through.

Some strategies that I don’t usually consider will work just fine.

Let go of the things you know you can let go of.

Change perspectives from “ways to fail or die” to “ways to cope and live”.

We swing between isolation and connection.

All suffering is suffering.

To really understand and interact in a situation, one must go beyond the cliché.

I can gain through others from what they do well, and everyone does something well.

Comfort of the masses is powerful.

Art expression, such like Krima, can be a metaphor for Life.

Sometimes I felt guilty, not wanting to look, wanting to look.

I might not have everything but there must be one thing I have that if not good is at least tolerable.

I can’t help everyone.

Where is my influence?

How can I protect myself from your negativity?

Can we increase our natural capacities?

Focus on others not just on myself.

Simply don't step on others.

The most striking characteristic of a disaster is that how much of a disaster it is really depends upon your point of view. One person's "disaster" is another's person's freedom – finally!

Some disasters are human-made and avoidable; some are simply unavoidable.

Every action is a demonstration of power that goes beyond myself with widespread consequences that can affect individuals, families, communities, nations, the environment, the economy, and politics.

Crisis can be Isolating – sense of being pulled back while others go on, or it can draw people apart – especially political disasters. Yet I have felt now how it can draw people together, especially at the community level and that when in the middle of "it" there is a choice to be made – intentionality of response.

Every action fundamentally challenges and affects individuals' sense of identity.

What I took away with me was an increased compassion for people and their experiences: not to judge because I am not in their life so I can't know why they've done what they've done, nor how they've lived what they've lived.

It is difficult to see both the forest and the trees, difficult but worth the effort.

Just to ask the question "How do we trust?" is an act of trust.

It was obvious that we could not make it through without awareness and kindness to each other.

comfort
love
unity
one goal
shared experience
confidence
embrace
observe
heal
contentment
soul
forgiveness
community
insomnia
satisfaction
mystery
compassion
vulnerability
acceptance
nurturing
revelation
moments of freedom
panic
letting things go
maneuver
support
collapse
kindness
courage
forbidden fruit
reaching past self
safety

be still
isolation
helplessness
anxious
frustration
letting things go
seeking
pressure
listening
shared alarm
defeated
secret
awareness of others
getting nowhere
warmth
embracing the struggle
goodbyes
share the weight
reflect
joy
connection
reaching out
symbiotic
struggling
broken
courage
listening
wishing
seeking
every day we try
uplifting
peace

aaah... ti KRIMA

note: “ti Krima” is a Greek expression used the way we use “quel dommage” or “what a pity” and can be used with bemusement, sarcasm, sympathy and/or true empathy.

KRIMA! reflections

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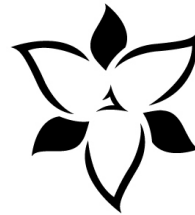
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