

# From the dawn of Humanity:

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**F**rom the dawn of humanity, an interaction of understanding was developed between human beings and nature. Creating cycles in equilibrium and the Soul manifests itself inseparable in all creation. Humankind has advanced in its accomplishments to discover and conquer the internal and external flame, as a particle in time in the vital cycle of the Universes.

**F**rom somewhere so far away we can't even imagine, descended upon "chosen ones" or headstrong seekers an understanding that would allow the highest refinement of their untamable and blatant personality, known as "awakening". Under different names and symbols, they became a jewel of incalculable value that only some knew to appreciate. Among them were brilliant minds that systematized understanding that has come as far as our days. Through this process we transform intellectual understanding into practical wisdom. This is how we obtain harmony between human beings, nature and Cosmos. Through this integral means of meditation, light and sound, expression, creative play, arts and understanding, the highest levels of life and science are reached, that today are portrayed, for example, in quantitative physics, visual arts, dances, music and of course in daily life.

**W**e all take part in the journey of life. We become knights-errant, sometimes we make mistakes and we lose the most cherished, the adored, but we learn with indifference.

**O**h! This is what we call the Quest- the point of no return.

When you ask yourself, what is Truth? This is when you begin the journey of Conscious Communication, the journey towards unity that might be called Yoga or Tao, or Ayurveda or God, although for me it is all the same.

From here you can recover the sense of all things, experiences, emotions, and feelings. You stop analyzing everything mental, emotional or spiritual. You stop separating everything and begin to integrate, join and rejoice. You accept your gifts and virtues, you recognize your weaknesses without judgment, without blaming yourself or anyone else, you only accept; and little by little start to transform into a spiritual fortress.

The tool, through which you share your particular vision with others, part of a whole, the gift given to you by the Gods- the gift of being an artist. Everything you touch, everything you imagine, becomes Art- this unique seal is nontransferable that you share with other living beings. Communicating, creating, feeling and experimenting Life- this journey with no return, no turning back, that never, ever disappears, only transforms.