

The background of the cover features a vibrant, multi-colored rainbow that curves from the top left towards the right. Below the rainbow, the lower half of the image is filled with a dense, dark, and chaotic scribble of black lines, creating a textured, almost abstract landscape that suggests a state of crisis or a complex, tangled situation.

FROM CRISIS TO THRIVING

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Table of Contents

To Be Lost

1 Faith

2 Hope

Right to Exist

In Free Spirit at the Mercy of Nature

3 Love

Appendix: Great Divine Power

Blogarticles related to this writing on the website of Sirkka Hänninen

To Be Lost

Yesterday morning as I was sitting at my computer, I heard a thump, as if a bird had flown against a window. I have picked up from the ground, on two occasions, a dead bird that has broken its neck by flying against a window, and the thought of it made me very sad.



Suddenly I heard another thump. The sound came from the kitchen and I went to see, what was causing it. There was a young bird on the kitchen table trying to fly through the window. Obviously the bird was from this year's brood, because its coat was not yet fully developed. Fluffy feathers were visible all over.

When the bird saw me it flew against the window. I put the window blind down and darkened it. When the escape route was closed the bird found a hiding place behind a curtain.

I put the window blind down in all of the rooms and darkened them. After that I pulled the balcony door wide open.

I went to the kitchen and tried to shoo the bird away from behind the curtain. It flew to the office and was balancing near the ceiling on a chain of a hanging flower basket. Then it saw some creepers and tried to find refuge among them, till it noticed a curtain. Behind it was a safe hideaway.

I went into the kitchen for a while hoping that the bird would have the courage to come forward. When I went to the office again the bird was sitting still and scared in a corner on the floor. I did everything to make it overcome its fear: I offered it something to eat, talked cosy words and played even a YouTube video with a birdsong to it. When it occurred to me that maybe an unfamiliar birdsong could have made it feel, that it was a stranger in a false territory, I closed the video.

The bird had jumped on the top of a radiator, where it had a direct visual contact to the balcony door. I switched the lights on in the room, where the exit was, hoping that the bird would fly towards the light.

I myself tried to be as tiny and unnoticeable as possible. I closed myself to the kitchen, then in the bathroom, but the bird didn't move from the radiator. Once in a while it took sidesteps on the edge of the radiator.

I thought that maybe the bird would have the courage to move on, if I would leave the apartment. So, I went shopping.

When I came home after an hour the bird was prancing on the corridor floor. When it saw me, it took off and flew exactly to the right direction: towards the balcony. The balcony door was still wide open. It was the only possible exit in the room, because I had darkened the windows. I closed the room door believing, that the bird would find its way out.

As I was arranging my shopping into the kitchen cabinets, I was suddenly overwhelmed by a limitless, ecstatic feeling of joy and gratitude. I didn't understand why I had such a feeling in that situation.

When I thought about it later it became fully comprehensible: I had spent several hours trying to get closer to the bird and understand its mind. The Universe is a living organism, where everything is connected with everything else. Maybe I sensed the feelings of the bird, when it found its way out to freedom.

1 Faith



People are like chicks lost in an apartment, sensing threats from everywhere, and trying to find every possible or impossible way to overcome their own challenges. Frozen in fear they sometimes take shelter in the safest corner, and occasionally take some sidesteps within their abilities and resources. When one sees the big picture, what is happening, it seems as if people would do everything to prevent themselves from being liberated and obtaining salvation.

It often happens that only when people experience an ultimate crisis, which turns their world upside down, they are able to free themselves from the limited world view of the ego, and discover the spiritual side in themselves. In the story of the lost bird that I told about before, an ultimate crisis can be compared with the last phase, when the bird had no other choice than to fly out to freedom.

In Chinese the word crisis (危机 wēijī) consists of two characters. One has the meaning danger, threat. The other has the meaning chance, opportunity. Our success depends on, whether we see the world and our own situation as a threat or opportunity. Basically it is a question of what we believe in.

When I was less than twenty years old, I had a study trip in Germany. It was a shattering culture shock for me when I realized that I could build nothing on the values of this world. Everything around me appeared to be a huge coulisse in a big theatre, and the sustainable ground, on which I could build my life, was hidden behind the scene. At every opportunity, I tried to see behind the scene hoping to get a clue of where the sustainable ground could be. Because I couldn't see it, I was quite at a loss, and I felt that life had no meaning.

Some weeks after my journey I found a booklet in a discount books sale with lyrics of an old oriental hymn in it. This happened 37 years ago and I can say now, that the Universe replied to my thoughts and delivered to me in the lyrics of the hymn the sustainable ground for my life that I was searching for. The hymn has turned out to be the bedrock on which my life has been built.

Less than half a year after I found the lyrics of the hymn, I suffered a stroke. I was paralysed and I lost my ability to speak and that changed the direction of my life completely. For someone else it would have been the end of everything, but for me it was the beginning of a new life with emphasis on spiritual growth. I have been curious to discover what it is that is so special in the eleven verses of the hymn, which have spoken to me over the past few decades.

They constantly remind me that there are two opposite forces working in God's energy field. They don't exclude each other, because they, in a way, define each other: beauty raises the thought of ugliness, there is no white without black, a night gives birth to a new day. Mistakes, failures and setbacks build us up the most, which works for our success. In a crisis there are the seeds of balance and prosperity.

Although these opposite forces of the Source Field define each other and one cannot exist without the other, in regard to our success, they are not equal forces. This is because in the Source Field, we are influenced by the law of attraction. We get what we think about. We will be judged by the standard we judge; what we order will be delivered to us.

What comes around goes around.

A man reaps what he sows.

We have a free choice to do anything with our own lives, but practically this freedom is superficial, if we want to act according to the principles that sustain us in the long run.

Although the Source Field of the Universe is influenced by laws that can be measured and predefined, it doesn't mean, that there is a predetermined "God's will" in various issues, according to which people should make their choices; like the dogmas of various religions suggest. God's will is simply our freedom to listen to our hearts and be in the guidance of our true selves. When each one of us is his or her genuine self we fulfil our part in the whole, and the law of attraction works for the benefit of us all. This is our human right and faith in all its simplicity.

2 Hope

Right to Exist



Spiritual people, who are not necessarily religious people, have intuitively the vision, that we have only two human rights: the right to get connected with our inner being and the right to treat others like we want them to treat ourselves, and collaborate with other people in the spirit of love. All of the human made international treaties intend to secure that these basic rights are fulfilled.

However, "The Universal Declaration of Human Rights" has given rise to the illusion, that only a certain kind of life is a life worth living, and certain things should not happen. If they happen, however, people think they are down and out, living unworthy lives, which are not worthy of human beings. When we are born we don't get any guarantee of straight forward lives. Our only right is to make the best version of life from the very starting point that each individual has.

The illusory bubble that people have created around human rights and dignity is well illustrated in statements like: "*I want to die with dignity, in a way that honours my value as a human being.*" And yet, the question is only what the person considers appropriate for him or herself.

When I hear that someone has searched for medical assistance in order to '*die with dignity*', it only tells about this person. First and foremost it tells, that the person has been completely under the guidance of his or her ego. He/she has made their decision on the level of the ego consciousness, and this tells that they have not discovered their value as a human being.

At the same time as writing these sentences there is a debate on Internet discussion forums about euthanasia, after a 75 year old English nurse went to Switzerland to have an assisted suicide. She had worked for her whole working life caring for elderly people. According to the news she had no major health issues, but she was afraid that she might end up in a situation, where she would need assistance from other people, and

would become a burden to them. She thought that it would be selfish and unreasonable to expect other people to help her.

I recall a situation in the 1980s when I was unable to speak. As I went among people, I wrote for them on pieces of paper anything that I had to communicate. I recall on one occasion, when I had to correct a misunderstanding. The person, who was responsible for me and to whom I tried to make clear what was supposed to happen, began to blame me and said that I had no right to go from place to place and expect people to offer their time for me.

I don't believe that the person was suggesting that I should apologize for my own existence. Also, I don't believe that given the situation where she would need help, that she would apologize for her existence either. Neither do I believe, that the woman having an assisted suicide in Switzerland, wanted to suggest by her action, that the elderly people, who she had assisted throughout her life, were not worth helping.

One of the great mysteries of the people living on the ego consciousness level is, that they are very eager to help anyone, who needs help, but they themselves cannot receive help from others. According to mainstream thought, everyone should get the help that they need. People in the Western world consider it horrible, that the 'Gestapo' gathered to a wall the people it considered to be a burden, and shot a bullet into their heads.

The blind fear of people that they themselves might end up in a situation, where they constantly need help from others, is well encapsulated in a message that I read on a forum. Someone wrote: *"I don't want to leave this world with shit in my pants."* As if that were the worst humiliation.

Why is it that this and also other things are so loaded with our conceptions about dignity, although things in themselves are not charged with value? We could simply say: *"Shit happens!"*, clean the mess up and continue with our chores. We could even be grateful that our metabolisms are working, which is not something that can be taken for granted. We could also be grateful that we are so well prepared for unexpected situations. In life and spirituality the most important thing is that we make the best version of ourselves from the starting point that each of us has.

In Free Spirit at the Mercy of Nature

Through the centuries people have developed systems to free mankind from the subordination to nature, so that there would always be a plan B, if people find themselves in a blind alley. When we view things as a whole, we see that in the modern world mankind is living at the mercy of nature as much as it did hundreds of years ago. This means that sometimes people cannot influence at all, what is happening. Earth quakes, forest fires, hurricanes, flooding, tsunamis, avalanches and landslides, traffic accidents, diseases etc. cause millions of deaths, personal tragedies and tremendous material damages and financial losses every year. They are prevalent in our everyday life. It is as if the Universe would remind us, that despite our powerful ability to create things, we should not imagine that we are in God's position.

Many religious and spiritual people, whether they are members of a Christian sect, Judaism, Islamism, Scientology or other group have in their need for recognition used God or Jesus or Allah and spirituality in general to boost their own egos, which has led to religious and political fanaticism. These movements use force to make people carry out their own goals, or rather, the goals of the leaders, who are in power. Their intention is the same as that of any political movement, whose motivation is power quests and financial interests.

Politicians have a saying: *"If you don't design your own life plan, chances are you'll fall into someone else's plan."* With the saying politicians reason that the need to collaborate with other political actors, especially with the opposition. You are a part in the big picture, even if you are not co-operating with others. Others have to take you into account when they make their plans, in order to create balance. The result can be harmful for you, if you do not participate in co-operation from the very beginning.

This same principle can be applied to the personal relation of people with nature and God. The Universe will work to keep its balance according to its own natural laws, no matter what kind of structures people create to secure their own lives. When people lay down laws and regulations without taking into account the laws of nature, we should not forget that we live constantly under the laws of nature.

It is extremely harmful that people believe that by denying God they can nullify God's influence in their lives. God is working in every case, whether we believe it or not. We all sit in the same boat, influenced by the same energy field, although in their illusory bubble many people don't see it.

When people experience that they are living at the mercy of nature or 'forces of darkness', they say that we put all our hope in God. They are frequent guests in churches and temples and worship statues and believe, that by doing so, they can escape the fate and make the Universe bend in their favour. And yet, we are always, somehow, self responsible for our own situations. The cure is not outside, but all hope lies within ourselves. Our hope and success depends on, how we succeed in tapping into the divine power to activate our inner resources.

Three years ago I translated the hymn '*Great Divine Power*' into my working languages. The translation work started like any other translation project. I searched for suitable words that gave a meaning to that, what I wanted to describe. The meaning was outside.

The more I advanced in my work, the stronger I felt inside me that I gave a meaning to the words. The meaning was not in the words. The words described that, what I was. I myself am the divine power that the words try to describe.

Everything is in ourselves: God's spirit, the Fountain of Life, the consciousness of the Universe is our essence. We are lightbearers. Spiritual people, who are devoted to their God understand this. They do everything to balance the influence of their ego and the spiritual side in themselves, in order to follow their intuition.

3 Love



No matter where people are, spirituality makes a conscious effort to free people from the influence of the ego. The ultimate intention of people is to jump over their shadow, the ego. Spiritual people, who are not necessarily religious people, have intuitively the vision, that we have only two human rights: the right to get connected with our inner being and the right to treat others like we want them to treat ourselves. They collaborate with other people in the spirit of love, and give others the same rights as they have themselves.

On the level of Universal consciousness they perceive the big picture in things. Because they understand, what they want and why they want it; they manifest what they want. They attract fruits of the spirit.

They are able to distinguish houses made from cards by false prophets from the ones, which are steady and sustainable. They are able to separate the wheat from the chaff, wolfs from the sheep. This all can be done simply by keeping the eyes open.

This is a difficult thing, because people who are faithful to their God don't want to condemn anyone or anything. There are no false prophets, or a wrong or right way to do things. The question is that everyone is loyal to their own true self, and follows their own intuition to choose procedures that work best in each individual situation. This is important, because with our choices we attract the lessons of life that we need to get forward.

People should not let their own or other people's egos jeopardize their own long term goals. Everyone can have trust that our inner navigation will choose from all possibilities the one, that works best according to our needs. Everything has its place and meaning. In everything God works for the good of those who love him.

The only value that sustains us in the long run, is co-operation that is based on common sense. A prerequisite for success is the triple commandment of love:

Love the Lord your God with all your heart and with all your soul and with all your mind and your neighbour as yourself.

This means simply that we should be grateful for what we have, follow our intuition and let things evolve of their own accord.

When each one of us take fate into our own hands, in other words listen to the voice within and let it guide oneself, we will all rise like a phoenix from the ashes and we can steer our course to new horizons. We will rejoice and feel the same gratitude that the bird felt when it found its way out to freedom after being lost in my apartment during the summer.





Great Divine Power

Oh You mighty, divine power, who fill all space and prevail forever through changing of time. You, who are above every perishing thing, in Your greatness and strength inconceivable, all comprising and all maintaining power: You only I want to honour.

Although human mind could measure depths of oceans, count earth's every sand grain or divide beams of sunlight of one another, it would not comprehend Your greatness and understand Your judgements. Human thought cannot reach the heights, where You reign.

Of yourself You created the world, of eternity You conjured time. Everything existing, life and light, harmony, beauty and vigour have they origin in You. Every sonority and glory, every great and lasting thing is generated by Your word.

Universe with all its wonders and living creatures are maintained by Your power and love. Like sparks fling out of fire, so are all shining worlds flinging out of You. You guide them, and they write Your name and glory on the blackboard of infinity.

You light countless glowing torches illuminate the bottomless depth, and Your glory banishes evil forces of darkness. You fill space with shining pillars, and Your golden streams are flowing between countless solar regimes, in which stars are tiny drops.

As I ponder on Your might and greatness and see Your work I understand that I am only an atom among myriads greater than me. I weigh nothing on Your scale, I vanish like a wind when You approach, and I am nothing when I see myself in Your light.

And still I am part of You. I am offspring of Your mind and will. I live on Your spirit, and I cannot exist without You. Worshipping You I realise, that You are my source and destination. I see Your presence in everything, and cause You exist, I exist also.

From You I got my understanding, and the paths of my life have You marked out. My heart beats, because you want, and in Your eyes atoms are like tremendous heavenly bodies. My place is between heaven and earth, as near heaven as earth, and I belong to both of them.

I am a link in the chain of existence, a link, which is matter and spirit all together. From matter I rise and onto higher level I will climb. I am slave and still king, insect and still godlike. But I am this not of myself, but of You and in You.

You are my creator, and my existence is based upon Your wisdom. Your love is my life, and Your light my lighting. I get my life from You and that is why I am immortal. I cross the stream of death throwing a robe of eternity over my shoulders, because that is Your will.

Oh, this everlasting thought, this unlimited possibility; To adapt oneself into inconceivable! To be created, guided and protected by Lord of heaven and earth. Be able to love, hope and worship. Be able to reach levels of perfection - this is so wonderful, so magnificent that it makes my soul cry tears of joy.

**Blogarticles related to this writing on the website of Sirkka Hänninen,
glowinthedarkness.net:**

Who am I?

Optical Illusion

Beginning of a Dream

What do we need?

If you have faith like a grain of a mustard seed

From Love of Power to Power of Love

Living a balanced life on own conditions

Awakening

The Eye Is the Lamp of the Body

Our All-seeing Third Eye

The Origins of Knowledge

From Education to Emotional Intelligence

We Have No Human Rights

Development on Own Conditions

Wonderful Future