Synopsis

Siri Helle - THE HAND MADE TALE. Chainsaw mindfulness

Siri Helle has always been the clever school girl, the one that learned to read early, had good grades, a sharp mindset – clearly destined for a long and academic education.

But life wanted other things for Siri. When starting her education at the university she doesnt feel at home, and quits. Instead she decides to start a new education, in agriculture. To her surprise, she finds tranquility and great pleasure in the practical work at a farm – is this what she has been missing all her life?

She starts to remenis.The feeling of being restless she has always felt, the ever-present uneasing tingling in her body – the one she has suspected of being ADHD – maybe it has just been a longing for physical work and the ability of using her own hands, to create something physical, something useful and meaningful?

A cabin inherited from her grandfather is surrounded by high spruce threes. Can she manage to use these in order to create something she really needs – a simple, but very important outhouse?

She starts to work – wondering about how our society has changed the last decades, from a practical to a more theoretical world. And about how this change has affected us, and the way we think.

At school the theoretical skills has a higher value than the practical knowledge. How does that effect the childrens possibility to develop their creative skills, and their ability to create with their bare hands? A century ago everyone knew how to tile their own cutlery. Now it is a foreign skill, instead we buy whatever we need. Does this change the way we value our nature, the way we define each other, sorted in high and low status where the theoretical professions has a higher value and how much, or little we are prepared to pay for help from a professional craftsman?

How about the changes in our own culture – how does this change when we buy everything, instead of creating what we need – with our own hands? And why on earth is physical work now deemed damaging while pointless workouts in a gym is considered healthy for your body?

The outhouse is being built with material found at sight, different from any other outhouse since it is built by an amateur, Siri learns a lot. She manages to make the planks from the large threes, she builds the turf, she braids walls of juniper twigs, uses her knife to make shavings – and her sense of achievement grows. A feeling stronger and warmer than many other in this world.

And together with these feelings she feels a growing connection to her own roots. She never met the grandfather who built the cabin. But the feeling of belonging, and the feeling of contributing to his work with her bare hands is strong. To create, to build something with your own hands, create something useful – is something everyone should try, she thinks. Not at least, those who think they can’t.