

Andrew:

0:08

when I was at Art School, my lecturer

0:10

taught me a trick and the trick was this.

0:14

Before you settle in for the day and

0:16

tackle the big idea the thing that

0:19

was going to take all your energy and

0:22

thought, you went and did the opposite.

0:24

You went and drew something that you

0:27

knew you could

0:28

draw an apple, Jar of peanut butter whatever

0:31

it was didn't matter. You let your hands

0:34

do their thing almost

0:37

unconsciously and then suddenly like

0:41

magic you're tackling the big idea. Your

0:46

hands in synchronicity with your inner

0:48

Self, that idea inside of you is suddenly

0:52

emerging your hands leading you into a

0:55

into a state of

0:58

Doing. In our world right now we have big

1:04

Collective problems AI, Wars, climate

1:08

crisis and then we have smaller more

1:11

personal problems money

1:13

relationships

1:15

housing and with all these problems

1:17

it's easy to start to feel overwhelmed.

1:21

So how might we change things? well

1:25

perhaps the answer's closer than we

1:28

Think. When I was a boy my dad would sit

1:31

on my bed at night and say good night to

1:34

Me. He'd take my hands in his and he'd

1:37

hold them gently and he'd say look at

1:39

these

1:40

Hands, one day these hands will do

1:43

wonderful

1:44

Things. Now for a young shy boy these

1:48

moments stuck with me I was locked

1:52

inside my head I had nothing to put out

1:54

into the world. So at his side my father

1:58

showed me how to use my

2:00

Hands. My father the Builder, I was his

2:04

Sidekick with my own little toolbox. He'd

2:07

show me how to hammer a nail and how to

2:10

swear if I hit by

2:11

thumb, if I caught a splinter he'd show

2:14

me how to pull it out, if we bumped into

2:16

one of his friends he'd show me how to

2:19

shake their hand. These things at the end

2:21

of my arms began to teach me about

2:25

Myself. I began to shape things over and

2:28

Over, build things, draw, measure, clean

2:33

Cook. Through learning how to use my

2:35

hands I learned how to be in the

2:37

World. My hands let me take the world

2:42

that was inside of me and express it

2:45

into the world around

2:48

me, and with that I

2:51

knew, when that young shy boy he didn't

2:54

have a word for a moment, he could let

2:57

his hands

2:58

speak. Now speaking with our hands isn't

3:02

new. Some 40,000 years ago on what is now

3:05

the island of Silo and Indonesia there

3:08

were people living in Limestone caves

3:11

that the pedicur caves and on the walls

3:13

of these caves are some of the oldest

3:15

rock paintings ever to be discovered. And

3:19

amongst those paintings are human hand

3:23

stencils, now there's no concrete idea of

3:25

why they depicted their

3:27

Hands, but what we know is that they grab

3:30

our attention immediately like if we had

3:33

landed here from another planet stumbled

3:35

into these caves and saw those paintings

3:37

straight away we know these are humans

3:41

that are thinking and expressing

3:43

themselves with the simplest and most

3:45

powerful tools they had, their

3:48

hands. So, as we move across time we see

3:52

the power of hands popping up

3:55

Everywhere. The gods the creators in many

3:58

cultures they build our worlds with their

4:02

Hands, across religions and faiths hands

4:06

are used for prayer for

4:09

blessings and ceremony. The hands of

4:12

justice and law carry out the will of

4:16

society. Oslan and sign languages use

4:20

hands as

4:22

language, and let's not forget handshakes

4:25

and high

4:27

Fives. We know that the touch babies

4:31

receive from their parents' hands is

4:33

hugely important for their early

4:36

Development. The touch babies receive

4:38

from their parents' hands creates a bond

4:40

between parent and

4:42

Child. Touch reduces cortisol levels in

4:45

both parent and child reducing

4:47

Stress. Touch helps foster brain

4:51

development forging neural Pathways in

4:53

baby's

4:54

brains. This is how we start in the world

4:57

this is a language that no matter which

4:59

one we end up

5:00

Speaking, we all

5:02

Learn. Our hands are extremely dextrous

5:05

our long thumbs and relatively

5:07

short fingers allow us to grip and hold

5:10

and manipulate objects. The high density

5:12

of receptors in our fingertips and our

5:15

fine musculature in our fingers allow us

5:19

highly specialized

5:22

Movements.

5:23

So, if we take these incredible tools

5:27

this profound meaning

5:30

and this innate knowledge and we

5:32

multiply them all

5:33

together, we develop art

5:37

music, engineering

5:41

science and so from the very earliest

5:43

versions of human expression from the

5:46

from the beating on the drums to the

5:48

paintings on the walls our hands have

5:50

been

5:51

there. They're the very center of

5:53

this never-ending trying and failing and

5:56

trying again. This path of Discovery as

5:59

we have moved across time, from

6:01

cupping our hands to drink from the

6:04

streams, to building great cities. Our

6:07

hands are the tools that we have used to

6:09

solve and

6:11

overcome. We have done this for

6:15

Millennia. So, here we

6:17

are, further than those people in those

6:20

caves could have ever

6:22

imagined but, something I think they knew

6:26

innately, is that with the hands that put

6:28

those paintings on those cave

6:31

walls, we are

6:34

Powerful. And so what I know to be true

6:36

about

6:37

myself, is true about all of you right

6:40

now, is that our hands are powerful agents

6:43

of

6:44

Change. Just think about the power you

6:47

have at your sides right now. Your hands

6:51

can carry a pram up those steps, your

6:54

hands can be a light touch on heavy

6:57

Shoulders, your hands can start hearts

7:00

they can hold a flower or a

7:03

gun but, you might say hands do what we

7:06

tell them and yes that's true, I

7:08

agree, it's our minds our

7:11

eyes, our ears it's the sum of the parts.

7:14

But our hands have a special link to our

7:17

soul, they betray our deepest feelings

7:20

and they speak a universal language that

7:23

our entire species

7:27

understands. So, if we feel we need to

7:30

change things, if things demand to be

7:32

different to how they are then with our

7:36

hands is where we

7:39

start. Recently I held my dad's hands

7:42

he's 82 and his hands are shaped and

7:46

stricken with arthritis, shaped by a Life

7:48

That's seen and done many things. And as

7:51

I sat there holding his hands I realized

7:53

something, something

7:55

powerful. That all those wonderful things

7:58

that he saw in those young boys' hands

8:02

all those years ago, I saw them in

8:06

him. He had passed those hands to me, he

8:10

has changed

8:12

me, with the power you all

8:15

have, the power of your

8:18

hands. thank you