



## **Silene Association Manifesto from the Heart of the Pandemic**

In a world of human arrogance, technocratic assurances, full of noise, the need for silence as an exercise of humility and intimacy, as a form of inner knowledge, becomes necessary. A silence that may allow us to recover the deepest sense of compassion, opening our hearts to hear the suffering of others, especially the most disadvantaged, marginalized and poor, as well as the suffering of the Earth, with countless species disappearing daily. We live surrounded by suffering, but we may discover that in the middle of it there is an endless love.

In these days when millions of people are in physical confinement, we have never experienced before the new opportunities opening up to us. When routines and social conventions vanish, we have the opportunity to discover the meaning of our lives. We have the opportunity to empathize with those people that, in so many places around the world, are living confined in order to defend justice. We have the opportunity to free ourselves, contemplating the beauty of our inner world, enjoying the little things that surround us. It is the time to reconcile and forgive ourselves; because if we do not do so, how can we forgive others and how can we love them?

The signs are Mother Earth is still alive, evolving at every turn she gives, welcoming us to join her in a cosmological dimension. At every turn, every day, every year, we have the opportunity to grow into what we are in the innermost reality of our being. We may be afraid of the unknown but, knowing that we are part of Nature, we have the strength of the present, the everlasting moment that gives life and reaffirms us as human beings, forcing us not to lose the sense of our existence and the dignity of our condition.

It is at this time of uncertainty when our anxiety begs us to undertake this inner journey. While a virus can attack, our material body can also spur our souls and open the way to an inner transformation (metanoia). We are beings with the potential of evolution, a spiritual evolution that binds us in the immense beauty of an infinite love that transcends us. Now it is our duty to discern what path we choose: do we choose a path of despair and flee toward wanting to return to a "normal" life - that has been the cause of our suffering - or do we choose the path of discernment, of true freedom, of love and hope?

- We invite you to resist in hope, adopting an attitude of spiritual resistance.
- We invite you to open your hearts to contemplate the beauty and nature in our beings that keeps us alive.
- We invite you not to become trapped in an egocentric exercise, but to look inside your deepest memories, the most beautiful moments of your childhood, your youth, your maturity, and ask yourselves, why so much joy and so much strength to live?
- We invite you to take a bold step, to transform yourselves from the heart and to offer all your talents to the world, without any expectation.
- We invite you to reflect on the relationships we have with our own Land, and to love it in all its spiritual richness, which inspire us and nourish us both inwardly and outwardly.
- We invite you to contemplate Life in all her dimensions because we believe this is the way that may truly set us free in this time of confinement.

5 of April 2020