

# *Towards an integral spirituality*

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## **Conference presentation**

In a global world dominated by anxiety, we need creative inspiration, a liberating spirit, a universal breath. Let us not look for them outside the world, but in the depths of all that is and all that we are.

The Breath of life pulses and vibrates in everything. It animates every infinitely small particle and the infinitely large universe. It animates the heart of every living being, and our little human heart, close and wounded, unfinished and open to the Infinite. It animates our common world, inhabited by endless threats and possibilities. The Presence, powerful and silent, calls us and speaks to us in all forms and in all languages, in the air and in the water, in the earth and in the fire, in every laugh and in every cry, in the children from Haiti and Gaza. In the sensitive hearts of all beings.

"Believe in yourself – says the Presence – with your light and your shadow. Trust the world with its contradictions. Let yourself be enlightened by the universal flame that burns in everything. Drink water from your own well. Heals, stirs, recreates. Get up and walk. Breathe and live."

This is integral spirituality: living, welcoming, embodying in what we are and in what we do the Spirit who eternally creates and transforms, consoles and subverts, and pushes all that is towards universal communion.

*The intervention will present some keys and dimensions of an integral spirituality of life, always both individual and community, personal and structural:*

1. A holistic spirituality beyond any matter-spirit, sacred-profane, natural-supernatural dualism.
2. An ecological spirituality, inspired by a cosmic and mystical vision of interdependence, of the deep eternal unity of all beings, beyond anthropocentrism.
3. A political spirituality, rebellious against the dictatorship of Mammon and all the powers that stifle life.
4. A spirituality coherent with the scientific vision of reality, beyond religious dogmatism and scientific positivism.
5. A transreligious spirituality, with or without religion, but beyond any religion and any external divinity.

Integral spirituality is the great cultural emergency of our time.