

Human-Cosmos-Humus

I'm grateful for the opportunity to attend the first module of the course Human-Cosmos-Humus, this might be a humble report to share one of the multiple insights I got from the three sessions I attended.

The session with Mariano Kasanetz the priest of the Christian Community touched me deeply by remembering the beautiful human task to transform the Earth and the soil by healing the natural rhythms of the year in our own biography and in our social relationships.

To celebrate the different rhythms of the year is a process to be achieved, and it's deeply related to our individual biography and our social context (which is also related to the previous incarnations we've live on Earth). To breath in and breath out the air that surround us is the seed of the big breath that lives through the year. The same way the different moments of a healthy breathing are linked together (inhalation, to keep the air in ourselves, exhalation and remaining with no air in ourselves) the moments of the years are linked together. For the cycle of the year to

be healthy, the human being needs to be longing for healthy processes.

To work for healthy processes is to try to be the best version of ourselves as humans' beings, and we have a wonderful example in Christ to lead the way, and that's always related to the consciousness we can achieve as individuals and communities. Seeking to understand the content, the origin and the next moment of a breathing, or the next season/moment/celebration of the year is an effort, is a challenge and a permanent try to achieve this by exercising this from love and in freedom.

Love and freedom from our conscious begin from every single modest breathing and we have the opportunity to exercise it until the human healthy breathing shines through our day and night and our entire time on Earth, and hopefully at some point through the cycles of the year of our entire live.