



# Balancing life

by Anna Forés

*“The classic memoristic model, repetitive and out of context, so typical of the current educational model, must be replaced by another model.”*

of education should not be ignored, but rather made possible by changing the methodology and the evaluation. And perhaps it is not superfluous to remember that competencies are not developed without the support of knowledge. Pedagogy and didactics can be more useful than ever. This is the challenge!

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I would like to share some reflections that have come out of these months of the pandemic and also, some thoughts and data that have been brought out from our research or spaces we shared with others. We verify that this shaking and dead-end experience leads us to balance life using different elements. They will make us aware of the process that we have lived and help us adjust what we are experiencing. We have chosen some points to rebalance, not all the existing ones, but those are a starting point for reflection.

**The balance between noise and silence.** We live in a society full of noises; noises from the city, from traffic, from engines, but from everything that distracts us from what is essential. As a counterpoint, we seek moments of silence, of calm, of feeling inside, of re-encountering ourselves. One of the most critical data out of research is the feed-back to the following question: “what have you learned from this situation lived?” The most relevant answer is: learning to prioritize, to have patience and be calm. Therefore, the need to stop, to reflect on what really is a preference in day-to-day tasks, in life and to dedicate wholly to it. This exercise of interiority cannot be done in a noisy context; we need silence. Without silence, there would be no music. The music of life needs spaces of silence to be able to listen to us thoroughly. There’s a need to listen to take control of our life.



**The balance between ourselves and others.** One of the great lessons we are living by is that we need each other more than ever, that what I have or decided to do has or may have implications in many people. The self and the others are blurred in a “we” that we all create. The great lesson we should learn is the importance of being part of a whole as one big network, and that the movement of one causes development in the rest or others. Tensegrity reminds us of this principle.

Therefore, we are part of a whole, and we should forget the EGO's and choose the ECHO, this call from Earth, where we belong to. Human beings are only a part of the world. In his book “Elegant Simplicity” Satish Kumar speaks about moving from these very selfish human beings towards an eco-friendlier society: more of all the living things on the planet. Us acting from the “we” to get out okay.

**The balance between depth and superfluity.** We live in a hyper-accelerated society where everything becomes superfluous because we do not have time to go deeper. Immediacy takes away that which is essential: urgency devours what is really relevant. Not having time to go deeper also implies not having time for friends or families. Still, every relationship requires time to bond, precisely because we have authentic and deep relationships. Rescuing space and time to weave strong relationships allows us to rebalance life.

**Between vanity and humility.** We humans as a species believe that we were the ones in control of everything: from DNA to the galaxies, but nature is now placing us in a non-control plan, reminding us of our fragility and our non-permanence, and vulnerability. This lesson of humility has also made it easier for us to savour every moment we live. Also, to enjoy life by becoming aware of miseries, of what we do and who we are, and of what makes us perfectible human beings.

**The balance between saturation and assumption.** We live saturated of information: so much data, news, and judgments that must be filtered since there is also a lot of false information around. Because of this, we may fall into presumption and disinformation, which makes us assume things or venture scenarios that do not help us be very informed, either. Therefore, we must rebalance having channels to contrast the information and not live slaves to the constant bombardment of news and information of little relevance. According to Humberto Maturana, the reality is “multiverse” where each world constructed by each observer is as valid as the others. Therefore, a sum of glances of the same truth. It is necessary to develop critical thinking to be able to discern the information without being saturated with it or assuming non-contrasted information.

**The balance between fear and confidence.** We are afraid, and it is a legitimate emotion: fear of uncertainty, fear of disease, fear of many things that are out of our control. Fear does not help us to move forward either as individuals or as a society; it allows us to survive but not to succeed. We have to create spaces and contexts where trust can be developed, where we can persist instead of resisting, as David Bueno says in his last book, “*El arte de persistir*”. Resisting sets us in a non-action but reaction plan, and what we now need is to persist and therefore, take action.

**The balance between caregivers and people receiving care.** One of the most expressed words during these months has been: “How are you?” or “We hope you are well”. We have enjoyed moments of much care from each other. And it is important to bond and have us all present. Sometimes there are people who are dedicated to taking care of others but forget to receive care from others. Or, at the other extreme, there are people who receive a lot of care but do not show any gesture of caring towards the rest of the people around them. So we have to take care of ourselves and let ourselves be taken care of. It is the sum of forces that make us strong when facing our weaknesses.

We could follow the list of balances that would never end: between tangible and intangible, between sustainability and eradication, between multiple binomials that are present in our lives. Balancing life happens in order to learn how to inhabit ourselves and move through this situation, without falling into any extreme but being able to balance the poles and continue learning. Here we continue, rebalancing.

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