

El sinsentido común

Common Nonsense



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Our existence is constructed on a society that conditions us to think and behave in a determined way. For this reason, most of us have an egocentric, materialistic lifestyle, aimed at satisfying our own interests. Nevertheless, work, consumption, image and entertainment are unable to fill our inner void.

As we enter the crisis period of our 40s, many of us stop tricking ourselves, recognising that our life lacks purpose and meaning. It is then that we feel the need to change and, at the same time, the motivation to know ourselves better arises. By means of this process of transformation we begin to question the beliefs on which we have based our false concept of identity. And as a consequence, we connect with our true essence, from where we can begin to orientate our life to the common good.

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