

Istanbul, 24.03.2024

In these times of great conflicts, crises and global change, let us again connect with true life and



Be silent to hear the birds.

Be silent to hear our partner or our relatives.

Be silent to hear our friends, our colleagues or co-workers.

Be silent to hear the wounded and dying of the current wars.

Be silent to hear ourselves.

Deep inside, in our heart, rests our true treasure: our life force and our life's clock. Do you hear how this clock is ticking away? Are you aware how much time has already passed and how much is left on it?

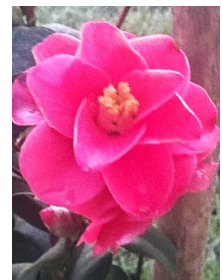
Connecting with life is always non-violent, silent and without action. Like cotton falling on a stone which then moves.

We need to re-connect with our life, to become aware of how precious this life is, to do whatever we can to protect this life and to care for it.

Currently, the great Islamic and Christian civilisations again celebrate fasting. It is a time of cleansing, togetherness, listening, mindful interaction, letting go, re-orientation and commitment.

I wish you and your loved ones a blessed fasting time and thereafter Happy Eid al-Fitr and Happy Easter respectively.

Stay healthy and decent!



Warm regards,

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