

# SL W PHILOSOPHY®

*Strong and lasting roots*

## MANIFESTO

Unfortunately, today we are used to hearing expressions like *divorce, food intolerance, bankruptcy, lack of time, individualism* and a long list of other terms that generate a negative feeling in us just by hearing them. So how is it possible that we have come to see these words as something “normal” in our lives? Aren’t they sufficiently serious and important to make us stop for a minute and think about why they have become so familiar to us?

If we go back in time, we realize that these words were not common in our ancestors’ daily vocabulary. Despite the fact that they had other kinds of problems, words like *family, union, healthy food* and *effort* were very significant for them - words which as of today arouse positive feelings in us, the complete opposite of what the expressions that constantly bombard our eardrums in today’s world produce in us.

If we analyse this before and after, not so far apart in time, what conclusions can we reach? How can expressions that in the past were self-evident nowadays go unnoticed in our society? Does this mean we are going backwards? Are we evolving in the wrong direction?

As an answer to this sea of doubts *Slow Philosophy* was born – an idea or way of life whose purpose consists of making the most of the knowledge and wisdom of our ancestors and complementing it with the advances we currently enjoy, and in this way to guarantee a basis for a solid and stable life, both for ourselves and for future generations.

*A tree that as time goes by will grow sure and strong from a stable base that will help it stand up to any gale that blows.*