

OPEN LETTER FROM A SMALL GROUP FROM BARCELONA TO EVERYONE SUFFERING THE PAIN OF WAR

Dear brothers, we are a small collective named Grup de Pensadors and linked to the Foundation Congrés Català de Salut Mental. We meet once a month for 90 minutes, since 14 years ago, to talk about issues we humans suffer from, and to think together about questions related to mental health.

Every year we propose a different topic to think about and, lately, the situations impacting our environment have shown up as a central theme of the sessions. Some years back we talked extensively about COVID and how it affected the mental health of the people.

This year the subject of war has appeared constantly. We needed to stop and consider it as a question that affects ourselves and everyone. We get images and news about what's happening in Ukraine, Palestine and other places like Syria, Iran... One colleague from the group told us that there are more than fifty active wars around the planet. Mainly in Africa. We get no news about the vast majority of armed conflicts.

In last month's session it was proposed to let you know that you are in our thoughts and we want to accompany you in the desolation that, from a distance, we know you are feeling.

None of us has suffered a war. Our parents and grandparents did.

We have no words capable of communicating anything useful. We are dismayed and words are not enough. However, we feel that letting you know how we are getting together to think about you, babbling in an attempt to put ourselves in your shoes, may be helpful. Helpful to you and to us.

We get images about bombings, destruction of buildings, the dead, lack of food and water, the situation inside of hospitals, your pain. All that amidst our daily life, which loses meaning with everything that's happening.

Can we create a communication system that, even if we speak different languages, allows us to tell you that you are in our hearts and minds?

We just want to connect with your suffering, your loneliness, the despair and oblivion. It's to every single one of you that we address this letter.

There's responsibility from political leaders, individuals making money from weaponry sales, warfare with vested interests, and the rationale of each other in the middle of every conflict. But every boy, girl, woman and man, may need a place in the hearts and minds of those without access to high level meetings, political offices, or the mafia bosses.

Creating spaces to think in other places may be beneficial to all of us. If many groups: small, medium and large, were thinking about all of you, do you think the energy, the echo, the reverberation could get to you to make you feel less desolate?

We know this is a small action, but it is necessary and feasible. We want to share it to activate other actions that make us loud enough to share our thoughts with those affected by war.