Universitat de Barcelona
Fundació Sanitària Mollet
Càtedra de Salut Espiritual i Humanització

MANIFESTO FOR WORLD SPIRITUAL HEALTH DAY

All of us have – or will have at some point in our lives – the need to pause and ask ourselves: Who am I? What gives meaning to my life? What sustains me when everything around me is in turmoil?

These are questions with no easy or immediate answers, yet they are vital if we are to understand ourselves, to know where we are heading, and to discover what we need in order to keep moving forward.

These kinds of questions, which seek to find meaning in the world and in ourselves, have shaped the evolution of human beings and the way we have understood the course of events and the world around us throughout history. We know that our ancestors were already asking them. They have transcended cultures, ethnicities, peoples and generations, reminding us that, beyond everything that distinguishes us, we all share the same fundamental need: to find meaning, purpose and connection with ourselves, with others and with the world.

We live in an age in which we have access to more knowledge and resources than any previous generation. We have been able to explore space in order to understand the universe; develop biotechnology and advance genetics to sequence DNA; bring electricity to much of the planet and create telecommunications that enable us to connect globally; and we have developed artificial intelligence, opening up a wealth of new possibilities. Yet despite all this, there are people who suffer, who experience profound loneliness, who endure a silent sense of disorientation and an increasing difficulty in finding coherence amid the noise.

We have multiplied our capacity to produce, to communicate, to connect through networks and to advance the progress of society, yet we often struggle to find spaces in which to listen to ourselves, to pause, and to remember what gives real value to our existence. More information has not necessarily led to greater understanding. Greater global connectivity has not necessarily brought greater closeness.

The major challenges of our time – social, health-related, environmental and human – remind us, with increasing urgency, that well-being does not depend solely on material progress. The transcendent also matters. For this reason, we need spaces for reflection, contemplation, belonging and the search for meaning. Equally, it is essential that we recover our capacity for wonder, recognize the beauty of the small things, nurture our relationships, and live in accordance with what we truly consider to be important and valuable.

It is for this reason that today we make this manifesto public, calling for recognition of something that has always been present but has too often remained hidden behind material values, the haste of everyday life and the noise of a world that never stops turning: the spiritual dimension. This is a sphere of human existence that helps to integrate and give coherence to our physical, emotional and social dimensions, and

constitutes a universal reality inherent to every individual.

Spirituality is the way in which people seek meaning, establish meaningful connections and experience inner strength. It is the dimension that invites us to ask ourselves not only how we live, but also why we live. When this dimension is acknowledged, cultivated and integrated, it contributes to the overall well-being of individuals and communities. This is what we understand by **spiritual health**.

In this context, we advocate a secular, ethical and salutogenic approach to spiritual health. We understand spiritual health from a secular perspective, as an innate dimension of every human being that does not belong to any particular culture, religion, philosophy or tradition. It is the shared heritage of humanity. It may be expressed in many different ways: through religious beliefs, personal convictions, art, contemplation, service to others, inner reflection, or the building of meaningful relationships.

From an ethical perspective, spiritual health involves people's capacity to guide their lives in accordance with a framework of values and principles that promotes the common good. It is linked to the development of compassion, responsibility, justice, solidarity and respect for life in all its forms. It contributes to the building of more equitable, compassionate and inclusive societies – societies that are, ultimately, more humane.

In adopting and advocating a salutogenic approach, we focus not only on the prevention or treatment of suffering, but also on the active promotion of those factors that generate health and well-being.

We advocate a society that recognizes the importance of spiritual health, not only to alleviate suffering, but also to enable people to live with purpose; to add fullness to the years of life; to foster meaningful connections with others; and to help individuals feel more deeply engaged and valued.

For all these reasons, we call for 21 June to be declared International Spiritual Health Day. We also call for explicit recognition of the spiritual dimension within policies on health, education and social rights, through an approach that is evidence-based, ethical and inclusive, while also respecting human diversity and its cultural richness.

We invite individuals, institutions, organizations, scientific societies, communities and public authorities from around the world to join this initiative.

We envision a world in which health is understood in a holistic way. A world that cares not only for what people have, but for who they are; that recognizes the value of our inner lives and of transcendence, of human relationships, of compassion and of the search for meaning; and that is capable of fostering communities that are more aware, more humane, more inclusive and more committed to the inalienable dignity of every person.

Because every person has the right to find meaning, hope and connection throughout their life, we call on everyone to nurture our capacity for wonder; to find meaning in what we experience; to build relationships that can withstand the storm; to hold on to hope when everything seems uncertain; and to recognize the dignity of every person we encounter along the way.

For societies are not built solely on knowledge, resources and technology. They are also built on purpose, meaning, compassion and hope. When people find meaning, they discover the strength to keep moving forward. When they find hope, they can imagine a better future. And when they reconnect with what is essential, they become capable of transforming themselves, caring for others and contributing to a better and more humane world.

This is a global invitation. A universal call to a shared commitment.

Spiritual Health, a Human Experience.