

## **Ayni and the true meaning of resignation**

by Gianmichele Ferrero 17/01/2025

I continue to share my contemplative reflections that I have been conducting for some time on the meaning of the Andean Prophecy and the Ayni contextualized to the current circumstances in which the light struggles to penetrate the blanket of darkness weighing on our civilization.

Ayni in the Quechua language means reciprocity and cooperation. It also means deep faith and the need to resign ourselves to the embrace of mutual trust.

I use the term "*resignation*" not in the ordinary and usual meaning of consciously adapting to a state of pain or misfortune. This defeatist, pessimistic and sad attitude is suggested by the fear of losing something and leads nowhere except to the worsening of the personal and collective situation.

We are used to interpreting "*resignation*" as an extreme and serious gesture, in which to drown every hope of change, and, therefore, as a deplorable and blameworthy act to be detested and avoided.

Resignation is not accepting without reacting the facts that appear inevitable, fatal, independent and contrary to one's will and wish. Resignation does not mean giving up action, being satisfied, conforming, letting our arms fall in the face of difficulties, accepting the will of others, suffering and enduring with virtuous, holy, calm, heroic compliance.

Etymologically, resigning comes from the Latin *resignare*, formed by *re-* and *-signare*, where *re-* means to repeat, renew, redo, and *-signare* means to mark, indicate, seal, express. Therefore, resigning is to be understood as repeating the assignment, assigning again or assigning a new meaning, value, starting from the beginning.

The propensity for resignation overcomes barriers and walls. Resignation, in this different perspective, is inextricably linked with acceptance, like two sides of the same coin.

On the one hand, resignation is surrender to peace, trust, tolerance and forgiveness; on the other hand, acceptance is the assumption of responsibility, compassion, inner strength, sympathy and consolation. It is the disposition of the soul most suited to healing our wounds in these modern times. Towards others and towards oneself.

In a collective context and aimed at others, it nourishes the willingness to highlight common points, enhances collective potential, overcomes divisions, illuminates subjective differences that become objective complementarities.

In a personal context and aimed at oneself, it allows one to overcome heavy emotions such as intolerance, resentment, anger and jealousy, and allows one to regain the denied right to love and be loved. And it also helps to overcome heavy emotions such as discouragement, antipathy, impotence and indifference, and reinforces the right to have one's own values, abilities, skills.

Resignation/acceptance involves an active attitude, observing from different perspectives, considering other ways of acting, considering the unbearable experience as an opportunity for learning, creating other possibilities for a path.

We all encounter unexpected or differently expected events that we don't like, that apparently have no solution and that do not depend on us. The way out is not to swallow what is happening, to swallow the bitter pill. This generates anger, resentment, anxiety, generalized intolerance, a sense of betrayal, defeat, impotence and frustration.

As the Dalai Lama says, nothing wastes more energy than resisting and fighting against a situation that you cannot change. In the resignation that things are like this and that we possess the potential to transform the present experience, there is the bud of rebirth.

Let's observe Nature as it behaves. Every Being of Nature follows the flows, the currents, the waves without opposing them. Accepting the situation with humility, opens us to the consideration that other possibilities exist. Let us not get stuck in the problem and in the false prejudice that the difficulty will always be like this, immutable.

We learn from painful experiences and reorient our life path. We can make mistakes, it can happen. We lovingly tolerate our failures; we are not infallible. We are immersed in a social fabric and you cannot always win in life, there are both defeats and victories. We accept the mistakes we have made so as not to repeat them again.

We treat ourselves and other living beings, human and otherwise, with kindness and, if possible, unconditional affection without judgment. We recognize that we are all living beings, precious and worthy of being loved for who we are, in our imperfections and limitations.

We look at ourselves and those we meet, considering their abilities, talents, and their limits. We interact with others with correct communication that aims to obtain satisfactory common results, without trampling on the rights of others and without letting others trample on ours.

It is not necessary to live by constantly comparing we with others because the only person with whom it is essential to do so is ourselves. A dear sister rightly told me not to give attention to those who can block the personal path of growth, aspirations, projects. That person is not the problem, but the excessive importance that is attributed to him is. Let us surround ourselves with nice, empathetic, positive people with whom we truly appreciate and share the beauty and joy of this life. Let us learn to exercise and dance the ayni with ourselves. Later, we will be able to do it with others too.

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(to read my thoughts, go to my blog on the website [www.liberiviandanti.it](http://www.liberiviandanti.it))

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