

IDENTITY, RESONANCE AND THE CONSTRUCTION OF MEANING

(Orientation Supervision Coaching)

JESUS HERNANDEZ ARISTU (AUTHOR)

A new book provides the keys to achieving resonance with the world around us.

After more than 50 years advising people and organisations, Jesús Hernández Aristu shows in "Identity, resonance and the construction of meaning" how coaching contributes to the balance between the identities of a person and society.

With more than 50 years of experience in the field of counselling and coaching, Jesús Hernández Aristu has published a new book in which he lists the key dimensions that allow people to have a "good life". There are four of them and, in the constant search for meaning and balance, human beings find themselves in successful relationships (resonance) or unsuccessful relationships (mute).

In " Identity, resonance and the construction of meaning " (Editorial Círculo Rojo: "Identidad, resonancia y construcción del sentido"), Hernández Aristu brings together the "problems" that people have throughout their lives and for which they seek advice: the relationship with oneself, with the people and institutions that surround them, with nature-cosmos and, frequently, also with the transcendent, this dimension being understood as the place where values or the spiritual world reside, which drives the human being towards perfection and participation in something beyond oneself.

In order to achieve a "strong self", human beings have to answer the question of who I am - identity - or the meaning of life itself. A search for which there are hardly any reference points, previously provided by the family, institutions, religions or society. For example, when it comes to making decisions about careers, relationships, breaking or re-establishing ties, etc.

"Today, the answers are given by each individual. Coaching helps them to give it in an authentic, conscious way, appropriate to their life circumstances and values. A personal, resonant response that discovers the meaning of life," explains Hernández Aristu.

"Welcome" to sociologist Hartmut Rosa

In the book, Hernández Aristu "welcomes" this observation by the German sociologist Hartmut Rosa, who has recently published his work "Resonanz" - Resonance: A sociology of relations with the world - which coincides with the approach that the Navarrese author has been putting forward since the mid-1970s.

"For the first time, sociology looks beyond the relationship between human beings and approaches other sciences, which maintain that we are endowed with the capacity to establish relationships and exchanges with nature, the cosmos or transcendence", explains the pedagogue, retired professor of the UPNA and president of the Navarre Mitxelena Association.

Rosa, in this way, connects with fundamental aspects of psychotherapy and counselling, referring to being-having, matter-spirit, I-you, etc. Hernández Aristu, for his part, thanks Rosa for the concept of "resonance", for other authors "unison", "consonance", "harmony", concord, etc.

"Identity, resonance and the construction of meaning" is, according to the author, his "most personal" book, the result of study, reflection and experience as a consultant with individuals, organisations and groups.

The volume goes beyond theory and adds a report of a counselling process in which the four dimensions referred to appear, to show how the individual and social fabric weighs in shaping our lives and how through social counselling work the author helps a person to shape it, to decide according to what each person is, at a difficult moment in his or her life.

People's identities are plural and different. Many and very different. Personal and at the same time social, which provides the greatest impediments to be one or oneself, to be where one does not want to be. Therefore, we cannot speak of identity but of identity development", explains Aristu, who insists on the benefits of coaching to help people to integrate their own personality and to achieve objectives that are favourable to them and their environment: resonance. "The origin is not as important as the destination," he says.