



4th International Spirit of Humanity Forum
DISCOVERING HARMONY IN A WORLD OF DIFFERENCE
Spiritual Resilience in Practice
Thursday 30th May- Saturday 1st June 2019
Reykjavík, Iceland

THURSDAY 30TH MAY: HARMONY AND SUSTAINING PEACE

08:00 REGISTRATION

09:00 OPENING

Music Performance
Prayers and Blessings

09:20 WORDS OF WELCOME

Introduced by **Jóhanna Vilhjálmsdóttir**, Director, Spirit of Humanity Forum

- Children of Iceland
- H.E. **Guðni Th. Jóhannesson**, the President of Iceland
- **Guðlaugur Þór Þórðarson**, Foreign Minister of Iceland

10:00 EXPERIENCE OF HARMONY & MEETING OF HEARTS & SOULS

Introduced and facilitated by **Óttarr Proppé** and **Miriam Subirana**, members of SoH Forum Executive Circle

11:00 REFRESHMENT BREAK

11:30 PLENARY I: HARMONY AND SUSTAINING PEACE

- a) How do we understand the connection between harmony and Sustaining Peace?
- b) How might harmony inspire the possibility and transform the practices of global governance?
- c) What practical steps might global leaders take to promote harmony and peace in the world?

Introduced and facilitated by **Scherto Gill**, Senior Fellow, Guerrand-Hermès Foundation for Peace

13:00 LUNCH BREAK

14:00 EXPERIENTIAL WORKSHOPS

15:30 REFRESHMENT BREAK

16:00 COLLECTIVE CONTEMPLATION + GROUP DIALOGUE

4 groups of 50, groups remain the same, but facilitators change.

19:30 – 21:30 PUBLIC EVENT: SCREENING “THE MAN WHO BUILT PEACE”

Conversation with **Imad Karam** and **Kelly Burks**, the film’s Director and Producer

FRIDAY 31ST MAY: HARMONY IN OUR SELVES & COMMUNITIES, INSTITUTIONS & NATIONS

08:30 **MEDITATION**

09:00 **ICELANDIC CULTURAL PERFORMANCE AND CHILDREN'S PRESENTATIONS**

Introduced by **Jóhanna Vilhjálmsdóttir** and **Eythor Gudjonsson**, Member of SoH Forum Executive Circle

09.30 PLENARY II: HARMONY IN OURSELVES & IN OUR COMMUNITIES

- a) What does harmony within ourselves mean and feel like? How might our inner harmony contribute to peacefulness in our selves and in our communities?
- b) What practices might we foster to celebrate our difference and deepen our interconnectedness?
- c) How might spiritual resilience help sustain generative relationships and harmony?

Introduced and facilitated by **Mark Milton**, CEO, Education 4 Peace

11:00 **REFRESHMENT BREAK**

11:30 **EXPERIENTIAL WORKSHOPS**

13:00 **LUNCH BREAK**

14:00 **PLENARY III: HARMONY AMONG NATIONS AND GLOBAL INSTITUTIONS**

- a) How can there be harmony between the diverse national interests at a global level?
- b) In what way might spirituality and human values help shift global political systems and transform international institutions?
- c) What practical steps might civil societies and institutions take to enhance harmony amongst nations?

Introduced and facilitated **Kurian Thomas**, Program Director, Fetzer Institute

15:30 **REFRESHMENT BREAK**

16:00 **COLLECTIVE CONTEMPLATION + GROUP DIALOGUE**

4 groups of 50, groups remain the same, but facilitators change.

SATURDAY 1ST JUNE: HARMONY WITH NATURE

08:30 **MEDITATION**

09:00 **ICELANDIC CULTURAL PERFORMANCE AND CHILDREN'S PRESENTATION**

Introduced by **Jóhanna Vilhjálmsdóttir** and **Eythor Gudjonsson**, Member of SoH Forum Executive Circle

09:30 **PLENARY IV: HARMONY ON THE PLANET**

- a) What does it feel like when we live in harmony with nature? How might we achieve that?
- b) How might we take the practices of harmony to the economic, social and political dimensions of sustainable development?
- c) What else might we do to shift our consciousness from one of living at the expense of Nature to one of living in Harmony with Nature?

Introduced and facilitated by **Nicole Schwab**, Co-Founder, EDGE Certified Foundation

11:00 **REFRESHMENTS BREAK**

11:30 **COLLECTIVE CONTEMPLATION + GROUP DIALOGUE**

4 groups of 50, groups remain the same, but facilitators change.

13:00 **LUNCH BREAK**

14:15 **A NEW OPENING**

Introduced and facilitated by Sr. **Maureen Goodman**, BK World Spiritual University & **Óttarr Proppé**, Member of SoH Forum Executive Circle