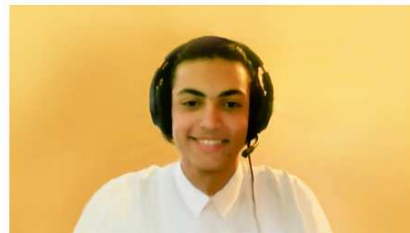
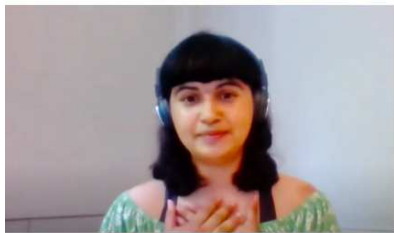




## Annual Report 2021

### Towards a Loving World Leadership and Governance for Well-Being





In her opening address,  
**the Prime Minister of Iceland**  
**Katrín Jakobsdóttir**

spoke of the Wellbeing economy Countries of  
which Iceland is a founding member:

*"It is my steadfast view that the well-being economy and its wide-ranging values, where people's needs are made central, should be our guiding light to a more equal and sustainable future ...I wish you a good conference".*



In his welcome, as host of the Forum,  
**the Mayor of Reykjavik**  
**Dagur B. Eggertsson**

reminded us:

*"It is the 5th time that Reykjavik has hosted the Spirit of Humanity Forum since its launch. I am extremely proud, as Mayor of the City, to be their host because the City of Reykjavik has officially put its heart on peace and human rights issues, and we see it as the core of our local and international policies and programmes".*

## Foreword

by the organisers of the Spirit of Humanity Forum

The situation with the pandemic has given us an opportunity for more reflection and conversations and led us into a significant learning experience creating the [5th Forum](#) entirely online. It emerged from a co-creative process in which our [Regional SoH Circles](#), [partners](#) and [supporting organisations](#) participated.

These challenging times only underlines the critical need for leaders to know themselves deeply. We can cultivate authenticity, clarity, and inner stability by start looking inside.

The Spirit of Humanity Forum organisers, are a group of individuals from different backgrounds who all feel that we have accepted a calling to come together to serve a higher purpose. As we have gained experience through our work, principles have emerged on which the Forum rests:

Instead of a top-down organisation, we created circles; we make decisions after listening to each other. We don't vote, but we talk it through until we have an agreement.

No one owns the Forum. We offer our events free of charge and only accept funding from partners that we feel are aligned with our purpose and are willing to work more closely with us as friends. Our [Aim & Ethos](#) protects the integrity of the Forum and the intention to go beyond limited interests and serve.

We understand that co-creativity is the way forward, even though it may sometimes take us into more complicated processes, getting to know people, finding out how to work together. The fruits that emerge from it are precious and rewarding.

The Forum is not a traditional stage for key-note speakers but a space for leaders to share, listen and learn from each other as fellow human beings with genuine interest and experience a spiritual atmosphere.

Three guiding principles emerged: Silence, Listening and Dialogue. All SoH Forum events include these elements to build an atmosphere of reflection and deeper connections.

In 2022 we celebrate ten years of supporting leaders from the inside out since we launched the first Spirit of Humanity Forum in Reykjavík in 2012. It has been a profoundly stimulating experience to meet, serve and learn from leaders and change-makers who have a sincere interest in re-humanising our systems. It has been ten years of dialogue, listening and using silence to build bridges, create deep connections and spiritually nourish participants worldwide.

We are now planning the 6th Spirit of Humanity Forum as a spiritual retreat for leaders. We wish to create an opportunity for in-depth experiences and closer interaction among participants in a conducive environment away from the city—an exploration of silent reflection, listening and dialogue into some engaging and thought-provoking themes. The retreat of the Forum would take place 1-3 of June, beginning with a concert at Harpa Concert Hall on 31 May 2023.





### **A global platform for leaders and change-makers**

The Spirit of Humanity (SoH) Forum offers a global platform for leaders and change-makers seeking to contribute to a lasting transformation in the world. We believe that such change requires a shift in our way of being to embrace higher values intrinsic to humanity, such as love, compassion, solidarity, and peacefulness. Hence the task of the SoH Forum is to support this emergent new paradigm through exploring core values in governance and decision-making. It provides a safe space for dialogue, sharing, and co-authoring a new and compelling narrative about who we are, how we could be, and what we can do to create a promising future for all. As far as possible, the Forum intends to model this new paradigm as it unfolds by creating opportunities for silent contemplation, deep listening, mutual presence and an experience of 'we', a spiritual harmony amongst all.

### **The purpose of the Forum**

is to explore:

- The process of change within the individual that enables transformation in a community or country
- The empowerment and sustenance of higher values and their practical implementation in personal, family, community, and work-life
- How the deeper dimensions of our humanity affect the direction of society
- How we can hold onto our higher purposes despite the many pressures that can take us off course
- How we can support each other in maintaining hope as we move towards a new future

### **Ethos**

The Forum is participatory, and spaces are co-created for open conversation, dialogue and silent reflection. We seek to explore the essential question: "How shall we be?" rather than, "What can I do?" Participants are encouraged to share, from the heart, journeys of inspiration, more profound meaning and purpose, and practical steps towards meeting the challenges, and personal and social transformation. The Forum does not apply a registration fee and sponsors all the costs during the event, including venue, refreshments, reception and all programme activities. We hope that everyone who is part of the Forum would be responsible for travel and accommodation, as their commitment to sharing and learning through taking part in the Forum. We respect and value each individual's contribution in bringing about transformation, acknowledging that any organisation reflects the individuals within it.

### **Community of values-based practitioners**

The Forum encourages the practical application of spiritual values or 'core human values' in different fields and parts of the world where participants are active. We hope that the SoH Forums can spiritually encourage, empower, inspire, and nourish participants. To begin or deepen their spiritual practice, sustain the experiences they have received, develop friendships, and maybe collaborate with other participants to support and inspire each other spiritually and perhaps even establish practical work together. The SoH Forum wishes to support an emerging community of practitioners by sharing success stories of applying spiritual values or 'core human values'.

## 5th International Forum



## Towards a Loving World

### Leadership and Governance for Well-Being

This was the theme for the 5th Spirit of Humanity Forum, held 3-5 of June 2021 and entirely online for the first time. Three thousand participants watched the live broadcast from the beautiful Harpa Concert Hall in Reykjavik, Iceland, with contributions worldwide.



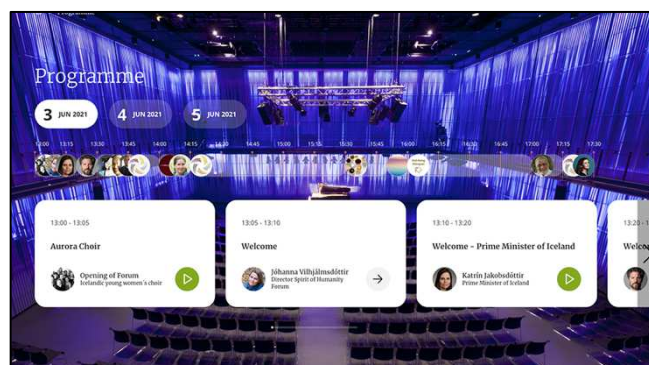
The 5th Forum was a breakthrough in many ways. Being entirely online for the first time was a steep learning curve! The challenge was to keep the spiritual dimension, feeling, and energy in the Livestream and from the feedback we received, it seems it was successful. Thanks to all who participated! The sea and birds flying by the studio at Harpa provided a fitting backdrop for the most significant contribution of all, the sincerity and depth the presenters shared. We felt a sense of closeness to all, and our presence together served to truly uplift our spirits and offer wisdom in a world filled with seemingly insurmountable challenges.

Over three days, we considered the possibility of **LOVE in Leadership and Governance**, our **visions of global well-being**, and explored **the connection between spirituality and global systems**. We heard inspiring new narratives from politics, media, environment, religion, spirituality, education, and science.



The forum **programme was co-created with our regional teams and partners** for the first time. As we trust each other, outcomes in the Forum itself and the wider world become increasingly influential. We have new supporting partners and more wishing to come on board with the Forum's work. All who created the programme did so voluntarily with their heart and soul. Ten workshops were gifted to the Forum. Co-operation and love made the Forum possible. It was moving to experience that our pure motivation and engagement deepen when responsibility is shared.

*The Forum is an instrument, and so we let it fly!*



We opened the **virtual venue** after the Forum for anyone who wanted to visit and explore the recordings of all the rich, inspiring material kept there.



# The Panels

The panels emerged in a co-creative process with our partners and supporting organisations

In collaboration between the Regional Circles in Geneva and Latin America, the Lunt Foundation and E4P

## Visions of global well-being

*How do we understand collective human well-being? What is the interconnectedness between our collective well-being and the wellness of the planet? What is the shift in consciousness needed to nurture inter-connectedness and well-being?*

Facilitated by **Mark Milton** Founder & Director, Education 4 Peace

**Yves Daccord** Executive Chairman Edgelands Institute @ Harvard, former CEO of the International Red Cross

**Madeleine von Holzen** Chief editor, "Le Temps"; editorial director, "Heidi.news"

**Amin Khosravi** Urbanist, Co-founder urbz Geneva, Member of the collective "Territoire Vivant"

**Gabriela Michetti** Former Vice President of Argentina; President, Ser Consultancy

**Inés Sanguinetti** Co-founder and President, Fundación Crear Vale la Pena

**Myrian Castello** Co-Founder, Dream Factory and Right to Dream Movement

After the panel the audience was invited to further explore the themes that had been discussed in [Well-being conversations](#).



In collaboration with the Fetzer Institute and Synergos

## Love in Leadership and Global Well-being

*What is the role of love in leadership? How might leaders actively nurture global well-being by embracing love? How does love in leadership and governance manifest in our shared lives?*

Facilitated by **Mohammed Mohammed** Senior Programme Officer, the Fetzer Institute

**Peggy Dulany** Founder and Chair, Synergos

**Dr Kelly James Clark** Distinguished Professor of Philosophy at Ibn Haldun University, Istanbul

**Sister Jayanti** European Director, Brahma Kumaris



In collaboration with the Guerrand-Hermès Foundation for Peace (GHFP) and the G20 Interfaith Forum's initiative

## Well-Being in Education

*A plenary seeking adolescents' perspectives on 'How Education can Contribute to Healing and Well-Being'. The adolescents who participated in the G20 Interfaith Forum's initiative presented their perspectives on educational transformation and had an inspiring dialogue with Ásmundur Einar Daðason, Minister of Social Affairs and Children, Iceland.*

Facilitated by **Dr Scherto Gill** Senior Research Fellow, Guerrand-Hermès Foundation for Peace



**Ásmundur Einar Daðason**

Minister of Social Affairs

**Ella Gregory** High School Graduate, UK

**Ariba Hafeez** Student, India

**Karam Jaber** Secondary School Student, Lebanon

In collaboration with Institute for Advanced Sustainability Studies (IASS)

## Spirituality and Global Systems

*How might spirituality help contribute to shifting global systems towards becoming more sensitive to holistic well-being and healing? What might characterise our social and political institutions when leaders integrate spirituality in their approaches, processes and practices? What impact would this have on global systems? How could spirituality be integrated into systems of leadership and governance?*

Facilitated by **Dr Thomas Bruhn** Research Group Leader, Institute for Advanced Sustainability Studies (IASS)

**Dr Martin Frick** Deputy to the Special Envoy for the UN Food Systems Summit 2021

**Nicole Schwab** Co-Director, Nature-based Solutions, World Economic Forum

**Zhang Lanying** Executive Deputy Dean of the Institute of Rural Reconstruction of China, Southwest University, Chongqing

**Óttarr Proppé** former Member of Parliament and Reykjavík City Councilor, musician, bookseller



In collaboration with Home for Humanity

## Towards A Loving World

*Co-creating a loving world with transformative leaders of Integral organisations from all continents, who are collaboratively co-creating a loving world through their authentic leadership and conscious governance of their integral organisations and societal movements.*

Facilitated by **Dr Rama Mani** and **Prof Alexander Schieffer**, Co-Founders, Home for Humanity

**Thais Corral** Founder of Sinal do Vale, A Regenerative Earth Campus in Brazil, Co-Founder of WEDO Women's Environment and Development Organisation and environmental leader from the Americas

**Katie Weintraub** Sinal do Vale

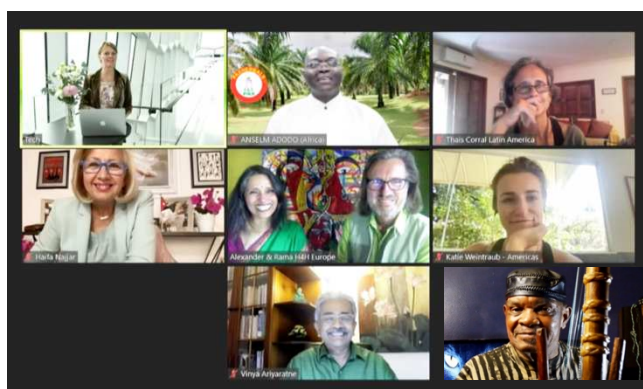
**Dr Vinya Ariyaratne** President of Sarvodaya, the largest Community Development organisation in Sri Lanka, and public health specialist, from Asia

**H.E. Haifa Najjar** Senator in the Jordanian Parliament, Superintendent of Ahliya and Mutran International Schools, and Convenor of Tanweer: A Societal Renaissance Movement and Integral College in Jordan from the Middle East

**Father Dr Anselm Adodo** Founder of Pax Herbs, An Integral Enterprise producing African indigenous medicines, and initiator of Pan-African Action Research Network for African Indigenous Knowledge in Nigeria, from Africa

**Professor Alexander Schieffer** Co-Founder of Trans4m Academy for Integral Transformation, Professor of Integral Development at South Africa's Da Vinci Institute, Co-Founder of Home for Humanity in France, from Europe

**Dr Rama Mani** Founder of Theatre of Transformation Academy, and Councillor of World Future Council, Co-Founder of Home for Humanity in France, from Europe/Asia



Culminating with Music dedicated to Spirit of Humanity Forum 2021 by **Pops Mohammed** renowned Afro-jazz musicians specialising in African indigenous musical instruments and traditions.

## Leaders' Dialogues

In collaboration with the Brahma Kumaris, Heartfulness and Guerrand-Hermès Foundation for Peace



**Kamlesh Patel** Founder, Heartfulness  
**Prof Azza Karam** Secretary General, Religions for Peace



**Ingibjörg Sólrún Gísladóttir** Deputy Special Representative of the Secretary General in Iraq at the United Nations

**John, Lord Alderdice** House of Lords, UK; Senior Research Fellow, Harris Manchester College, University of Oxford; Director, Centre for the Resolution of Intractable Conflict, Oxford

## Philosophers' Dialogue



**Prof David Cadman** Quaker Writer, Professor of Practice at the University of Wales Trinity St. David  
**Anne Baring** Jungian Analyst, Historian and Author

## Artistic treasures gifted to the Forum

*"Music creates a bridge for people to move out of thinking and into Presence. In my experience, the more powerful communication and connection with the essence of each person happen through the live improvisation. I suppose this is because an improvisation is music created in the present moment."* Renara Akhoundova

**Renara Akhoundova**  
Pianist,  
Composer,  
Improvisational  
Artist



**Aurora Chamber Choir**  
professional  
young singers

**Ragnheiður Gröndal**  
singer and  
Composer

**Guðmundur Pétursson**  
Guitarist



**Pops Mohammed**  
Afro-jazz musician

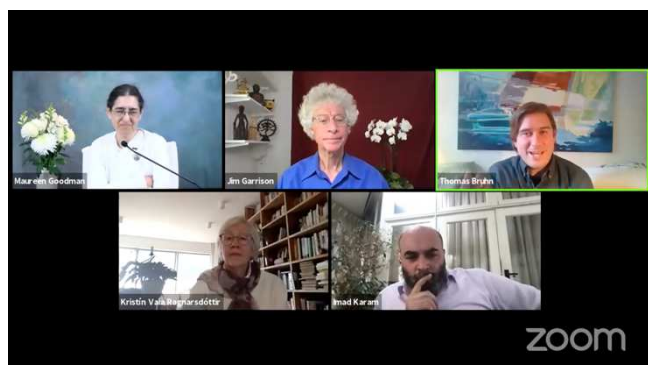


**Jean-François Clervoy**  
Astronaut. A veteran  
of three NASA Space  
Shuttle missions



## Love in Leadership & Governance

A prelude for the 5th Forum was held at the Humanity Rising Forum



**Maureen Goodman**, Programme Director for Brahma Kumaris, UK and member of the Strategic Circle of SoH Forum, led a dialogue of Love in Leadership & Governance.

Participants in the dialogue:

**Thomas Bruhn** the initiator and leader of the research group AMA (A Mindset for the Anthropocene) at the IASS Potsdam,

**Imad Karam**, the Executive Director of Initiatives of Change International, a global network of people of diverse cultures and backgrounds, whose mission is building trust across the world's divides.

**Kristín Vala Ragnarsdóttir**, Professor of Sustainability Science at the University of Iceland.

## Geneva & Latin America Circle

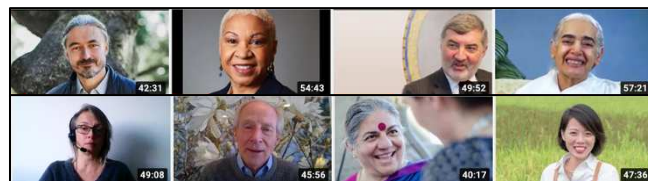
In preparation for the 5th Forum, our Circle in Geneva created two focus groups. They explored the role of **Media** and **Collective Participative Urbanism** in creating well-being. The Geneva Circle created a panel, 'Visions of Global Well-Being', collaborating with our Circle in Latin America, drawing on these themes and exploring them further in the following dialogues.

## Small dialogue circles

In preparation for the 5th Forum, we held spaces for leaders coming together in small circles online to reflect on love in leadership and governance. They proved to be soul-nourishing and very much appreciated. We are planning to offer more of these small dialogue circles.

## A Narrative of Love

A conversation series with leaders and thinkers on love in leadership and governance



In preparation for the 5th Forum, Dr Scherto Gill hosted a powerful conversation series, 'A Narrative of Love', with leaders, thinkers, and spiritual teachers on their understanding of love and how they see the significance of love in our personal and political lives. This series received a beautiful response from its very beginning. You find it on our youtube channel and our website. This work grew several branches of collaboration and research and eventually developed an [A Narrative of Love website](#).

## New Partner and supporting organisations

We were delighted to welcome a new partner, our friends at [Heartfulness](#), and supporting organisations for the 5th SoH Forum; the [Flourish Project](#), [Home for Humanity](#), [Lunt Foundation](#), and [Synergos](#). They were all actively involved in co-creating the 5th Forum together with us.



## Reflections from the 5th Forum



*"We rarely use the words happiness and love in politics... but why are we in politics? What do we want to achieve in politics if not love and happiness."*

**Ingibjörg Sólrún Gísladóttir,**  
**fr. Foreign Minister of Iceland**

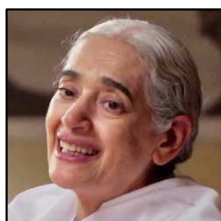


*"How does love support our differences? Building trust through open listening. I do need to be authentic to what I believe, but also be able to listen deeply to*

*where others are coming from. It is critical (when our views are challenged) to be able to step back and listen and not fall into reaction. To be able to meet as human beings, to develop a sense of appreciation for the other person and then build on that."*

**Peggy Dulany, Founder and Chair, Synergos**

*"Spirituality says that everything begins inside, and then it begins to manifest outside... Learning to love myself is not a sign of ego, but a sign of spiritual development. And when I can begin to love myself, I can start loving others unconditionally also."*

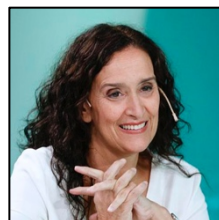


**Sister Jayanti, Additional Administrative Head & European Director, Brahma Kumaris**



*"Indeed, the world needs to hear about well-being and how we can participate, through our love, to create that well-being."*

**The Most Revd Dr Thabo C. Makgoba, the Anglican Archbishop of Cape Town**



*"We must be aware when we do our work and carry out the responsibilities that it is very important to take care of ourselves. You may nourish your*

*soul, but if you do not look after your body, it will create a problem. Lack of well-being will have an impact on others. Looking after the self is fundamental."*

**Gabriela Michetti, Former Vice President of Argentina, President, Ser Consultancy**

*"I was very impressed with what Gabriela was saying. I think it is a big issue... When working with high ambition and wanting to provide quality, one can end up working a lot and get people to work a lot. I think it is a big discussion."*



**Madeleine von Holzen, Chief editor, 'Le Temps'; Editorial director, 'Heidi.news'**

*"A scientific way of thinking can help me understand how the world is made up and what has happened in life, but it cannot tell me how I ought to relate with my fellows."*



**John, Lord Alderdice, House of Lords, UK**



*"We want to come up with the stories of how the coming together inspired by our faiths, different faiths and serve together through our different faiths, what does that look like? How simple can that be, and how powerful? How necessary and needed it is."*

**Dr Azza Karam, Secretary-General, Religions for Peace**

*"We are not fully aware of what we are not doing. We are not fully aware of the consequences of not playing our part. When this awareness comes, then the world will change."*



**Daaji Kamlesh Patel, Founder, Heartfulness**

*"We have to be curious. It opens our hearts to others. Anger doesn't allow us to be curious. Curiosity helps us establish a common language rather than an attitude where we don't want to know."*



**Yves Daccord, Executive Chairman Edgeland  
Institute @ Harvard, former CEO of the International  
Red Cross**



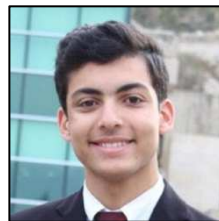
*"Living together as one and spreading and sharing love, and knowing that...the world is on fire, but we still have time, and I have a lot of hope. And I want to call you all to do that, to leave no one behind, to spread love and dreams and do our best so we can prevail."*

**Myrian Castello, Co-Founder, Dream Factory and  
Right to Dream Movement**



*"When you involve young people, you don't lose power, you will make things better."*

**Ásmundur Einar Daðason, Minister of Social Affairs  
and Children, Iceland**



*"Well-being all comes from the mind and the heart. When a person has a calm mind, they live peacefully... To be kind-hearted, not give with the expectation to get something back, not being sentimental, but even just a sincere smile can draw a smile on your face... To be kind, good and peaceful. ."*

**Karam Jaber, Secondary School student, Lebanon**



*"A fundamental part of what we do is based around empathy...the first step is really just listening, listening to other people and be prepared to be changed by those experiences."*

**Amin Khosravi, Urbanist, Co-founder urbz Geneva**



*"When I established 'Crear Vale la Pena' I realised that we were trying to make room to work on vulnerability, a vulnerability we tend to see in the less favoured social classes, but which is a kind of vulnerability that is also present in our societies at large."*

**Ines Sanguinetti, Co-founder and President,  
Fundación Crear Vale la Pena**



*"Moving towards a loving world requires each of us to embody love, peace and compassion. This can be encouraged by leaders who embody these values and lead by example, creating effective action and building a kinder world. Leadership and governance can be beautiful things, inspiring all to live fully and create a socially and environmentally just world."*

**Ella Gregory, High School Graduate, UK**



*"We need to learn to love - to expand love into developing energies we have within us which we can draw from and share with each other... we have to unite and relate to each other to develop our humanity in much fuller ways."*



**Prof Ursula King, Professor of Theology and Religious Studies**

*"Our world needs love more than anything else. Love that is transcendent, love that is inclusive, love that is accompanied by forgiveness, love that is unconditional."*



**Mohammed Mohammed, Senior Programme Officer, the Fetzer Institute**



*"I empathise with leaders who often experience substantial pressures and dependencies in their daily responsibilities and hope that the Forum can*

*strengthen all participants in their capacity to live and lead in accordance with their aspirations."*

**Dr Thomas Bruhn, Research Group Leader, Institute for Advanced Sustainability Studies (IASS)**



*"Almost all love is local. Reach out to others, bring well-being to our neighbours, our communities."*

**Dr Kelly James Clark, Professor of Philosophy at Ibn Haldun University, Istanbul**



*"Other people can't change the systems for you - you need to participate - we all have personal responsibility because we are all part of the systems."*

**Martin Frick, Deputy to the Special Envoy for the UN Food Systems Summit 2021**



*"It is important to find the balance of listening to the public and listening to the experts."*

**Óttarr Proppé, fr Minister of Health, Iceland; musician, actor and bookseller**



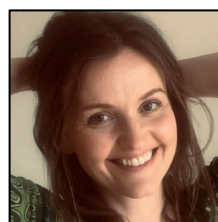
*"If everyone cultivates themselves, we can change the systems from a spiritual level - when you nurture the invisible you can change the visible."*

**Zhang Lanying, Executive Deputy Dean of the Institute of Rural Reconstruction of China, Southwest University, Chongqing**



*"Our rhythms are so fast and demanding. They are disconnected with the rhythm of nature."*

**Nicole Schwab, Co-Director, Nature-based Solutions, World Economic Forum**



*"I strongly believe that well-being starts inside. And we must change on the inside to change the outside."*

**Ragnheiður Gröndal, Singer and Composer**



*"Music creates a bridge for people to move out of thinking and into Presence. In my experience, the more powerful communication and connection with the essence of*

*each person happen through the live improvisation. I suppose this is because an improvisation is music created in the present moment."*

**Ranara Alhoundova, Pianist and composer**



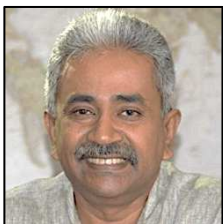
*"The paramount purpose of leadership and governance is to secure the well-being of all life. The time has come for the power of love to replace the love of power."*

**Dr Rama Mani, Founder of Theatre of Transformation Academy, Co-founder Home for Humanity**



*"The Earth does not need to be saved. She just needs to be loved."*

**Jean-François Clervoy, CNES and ESA astronaut**



*"Inner transformation is fundamentally important to leaders, like us, who are dedicated to creating transformation in our societies. If we are to overcome the unprecedented challenges we face in the world today, we must share and care for each other ... let us create outer peace by creating peace within ourselves."*

**Dr Vinya Ariyaratne, President of Sarvodaya, the largest Community Development organisation in Sri Lanka**



*"We need to go beyond the academic understanding of leadership - leadership is about giving, generosity, love and about sharing a part of yourself."*

**H.E. Haifa Najjar, Senator in the Jordanian Parliament, Superintendent of Ahliya and Mutran International Schools**



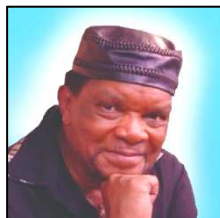
*"Leadership is self-knowledge. A true leader leads with humility, love and selflessness... we need to revive the spirit of co-operation. In Africa, we say that a rich man in a village is a poor man, but when he shares his wealth with everybody, he is a wealthy man, he does not need to build high walls to protect himself out of fear"*

**Father Dr Anselm Adodo, Founder of Pax Herbals, initiator of Pan-African Action Research Network for African Indigenous Knowledge in Nigeria**



*"It is now the time to be the best version of who we can be. We already know it, but we have to re-learn what it means to love and express it."*

**Thais Corral, Founder of Sinal do Vale**



*"Love one another, touch someone's hand, head or shoulder and just tell him that you love him."*

**Pops Mohamed is a South African multi-instrumentalist, jazz musician and producer**



*"We need to put humanity at the core of leadership - we can have all the technical solutions in the world, but if we don't have the personal evolution in the centre of*

*our leadership we cannot go forward... love must be in the centre."*

**Katie Weintraub, Partnerships co-ordinator,  
Sinal do Vale**



*"Love can be cultivated through inner work, and it will always come back to you. People around you will respond. If you make your kindness visible, that builds trust.*

*Building trust leads to love and compassion, and listening is a very important way to build trust."*

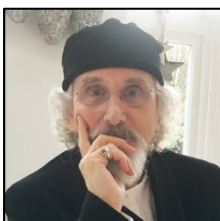
**Prof Kristín Vala Ragnarsdóttir, Professor of  
Sustainability Science University of Iceland**



*"The only thing you have power over is yourself. So, if you dislike something, like greed, judgement or prejudice in the world, then it is your responsibility to adopt*

*something different. To adopt the values you would like to see more of in the world."*

**Karen Björk Eypórsdóttir, Programme Director of  
Sustainability, City of Reykjavík**



*"If we take love seriously ... our whole being is transformed, and our attention is centred on our ways in which we relate lovingly to each other, to the earth and to the cosmos."*

**Prof David Cadman, Quaker Writer, Professor of  
Practice at the University of Wales Trinity St. David**



*"Love is the pulse of the cosmos and the pulse of our own deepest nature. We are all connected to each other, to the earth and the cosmos through our participation*

*in a miraculous way of life."*

**Anne Baring, Jungian Analyst, Historian and Author**

*"Being a social neuroscientist and psychologist also working cross-disciplinary together with economists, educators, politicians, and health-care providers, I am repeatedly*

*astonished by the fact that in all these large-scale systems we have created, LOVE is somehow a taboo. We do not do research and do not like to speak about it publicly neither. However, it is the basis for humanity."*

**Prof Tania Singer, scientific head of the Max Planck  
Social Neuroscience Research Group**



*"Let us explore, share and co-create practices that enable us to develop as creative, autonomous, emotionally and spiritually mature people, to become leaders that embrace in the joy of caring."*

**Dr Miriam Subirana, Meditation teacher, Author and  
Professor at Ramon Llull-Blanquerna University**

*"To contribute to a transformed world requires we all commit to nurturing loving environments, compassionate cultures and leadership, and cultivating an experienced sense of our interconnection with all."*

**Michael West CBE is Senior Fellow at The King's  
Fund, London, and Professor at Lancaster University**





*"Now more than ever, we need to learn to create a loving world, a world in harmony, where well-being for all is our goal, and we seek to heal ourselves and our world in the process."*



**Richard Dunne, Founder and Director of Education at The Harmony Project**



*"As we emerge from the Global pandemic, this is a crucial time for leaders to embrace the importance of what it means to have the courage to soften and to face the changes we need to make to build a more humane and compassionate world for ourselves, for colleagues and for our communities. It is a time to listen and live from within the beauty of our own hearts."*

**Hester O Connor, Clinical Psychologist, Heartfulness Meditation Trainer**



*"The ability to lead, love, and help others, starts within each of us. Just as we should put on our own oxygen mask before helping others, a good leader needs the skills, time, and space to look after themselves and plan for a better world and future."*

**Judith Nelson, Physiotherapist, Journalist and Heartfulness Meditation Trainer**



*"We spend a major part of our time in some organisation, which serves consciously or unconsciously as an influencing context. The more constructive, appreciation, connectedness and love we experience in our work, the more we will spread it in our lives, families and networks."*

**Cornelis (Cees) J. Hoogendijk, Co-creator of Learning Organizations - OrgPanoptics & AI Academy**



*"Loving the world must begin with loving all life forms fearlessly."*

**Four Arrows, aka Dr Don Trent Jacobs, college professor, writer, and activist for Native American rights.**



*"Love, compassion and humanist consideration - caring for others - from local community leaders all the way up to the leadership of nations is a key element in moving towards a Loving World. We all have to take responsibility and work together to change our world."*

**Kelly Burks, explorer, poet, writer, photographer, designer, consultant, young offender counsellor and film-maker**



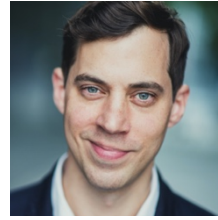
*"The Covid pandemic has given many of us time to go within and begin the journey of self-love and self-reflection, which enables us to live more consciously and be more loving towards others and Earth."*

**Vanitha Chandrasegaram, Pioneer Drama therapist in Malaysia**



*"I fully agree that we need more well-being and that love is the force for fixing it."*

**Alan Gegenchatz, Owner and founder, Outobox AG Ltd**



*"Through my film work over the years, I have tried to tell inspiring stories of people who have made difference, and who have had a lasting transformation in the world."*

**Eric Bednarski, film director, writer, and producer**

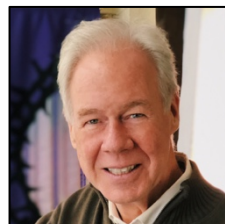


*"In a time in which societies are shaken and threatened by global challenges such as climate change, the COVID pandemic, increasing populism, strong, global*

*communities are extremely important. For this, we need to create a culture of love and compassion and show genuine leadership towards it."*

**Carolin Fraude, works for the transdisciplinary research group 'A Mindset for the Anthropocene', IASS Potsdam**

*"The common theme that unites us all today is an understanding that the world cannot continue on its present course. What is needed is bold, enlightened, and selfless leadership with the courage to forge a new path in both the social and political spheres. But the great obstacle today is the painful erosion of trust in leadership and governance."*



**Martin Doblmeier, Founder and President of Journey Films**



*"As directors of the Love Them First, a documentary featuring a Minneapolis principal fighting for students in*

*the city's longest-standing 'failing' school, we strongly felt the title of the film should reflect the force behind the school's triumphant turnaround. It all starts with love. Principal Mauri Friestleben once told us, "If you are in this work, you are in it to change the world." The story has now stretched from Minnesota, across the United States, and around the world to countries like Iceland, farther than we could ever measure as each child is transformed by a school that loved them, just as they are."*

**Lindsay Seavert & Ben Garvin, Directors' Love them first'**

## Special thanks

The work of the Spirit of Humanity Forum could not be possible without the immense help we receive in kind from different parts of the world. We are so grateful for the spirit of collaboration we experienced planning for, and during the 5th Forum, everyone was giving their best.

### Musical Artists

Renara Akhoundova  
Aurora Chamber Choir  
Ragnheiður Gröndal  
Guðmundur Pétursson  
Pops Mohammed

### Astronaut

Jean-François Clervoy

### Workshops

Alexandra Asseily  
Vanita M. Chandrasegaram  
Prof Don Jacobs (Four Arrows)  
Kelly James Clark  
Richard Dunne  
Carolyn Freude  
Cornelis (Cees) Hoogendijk  
Judith Nelson  
Hester O'Connor  
Dr Tania Singer  
Linda Stefansdóttir  
Dr Miriam Subirana  
Dr Michael A. West

### Workshop administration

Barbro Esbjörnsdotter

### Media team from Heartfulness

Hélène Camilleri, Sylvie Berti-Rossi, Madeleine Olive, Rachel Nelson

### Translators from the Brahma Kumaris

Matilde Prieto, Rosana Rosano, Adriana Butureira, Enrique Moreau, Solange Harcourt, Patricia Mayer, Valeriane Bernard, Isabelle Gautier, Christian Rubin, Marie Edery

### Photographers sharing all their material

Jón Gauti Jónsson and Andri Thor Birgisson

## Partners

**Brahma Kumaris, Lótushús Iceland**  
[lotushus.is](http://lotushus.is)

**City of Reykjavík**  
[reykjavik.is/en](http://reykjavik.is/en)

**Education 4 Peace**  
[education4peace.org](http://education4peace.org)

**Fetzer Institute**  
[fetzer.org](http://fetzer.org)

**Guerrand-Hermès Foundation for Peace**  
[ghfp.org](http://ghfp.org)

**Heartfulness**  
[Heartfulness.org](http://Heartfulness.org)

**HÖFÐI Reykjavík Peace Centre**  
[fridarsetur.is/en](http://fridarsetur.is/en)

## Supporting organisations 5th International SoH Forum

**Flourish Project**  
[www.flourishproject.net](http://www.flourishproject.net)

**Initiatives of Change**  
[www.iofc.org](http://www.iofc.org)

**Home for Humanity**  
[www.homeforhumanity.earth](http://www.homeforhumanity.earth)

**Lunt Foundation**  
[www.luntfoundation.org](http://www.luntfoundation.org)

**Synergos**  
[www.synergo.org](http://www.synergo.org)



## Leadership for a Loving World

*Held at the Co-Creative Reflection & Dialogue Space (CCRDS), Institute of Advanced Sustainability Studies (IASS), 19<sup>th</sup> November at COP 26, Glasgow, UK*

The Co-Creative Reflection and Dialogue Space was created by IASS under the direction of Professor Mark Lawrence. It was a uniquely quiet and profound space within the plethora of activities at COP 26.

Thomas Bruhn of IASS and Maureen Goodman of Spirit of Humanity Forum held the space for a small group to reflect on 'Leadership for a Loving World'. The group included NGO and business representatives, activists and negotiators. The group acknowledged the importance of keeping a broad, inclusive perspective. Starting from the assumption that love is a great transformative power and yet it is not being used sufficiently to bring about transformation, the questions were asked: *How do we experience and practice love in our work and leadership? Can business be more self-reflective in their own leadership?*

During the conversation a certain dilemma was perceived between an approach that understands inner transformation to be the primary method for external transformation in our societies and nations, and the drive for political activism. Particularly, a climate activist in the group strongly rejected the former approach, describing it as naïve and ineffective or even an excuse for inaction.

Reflecting this dilemma became a focus of the conversation. On the one hand negotiation is likely to be less fruitful where there is antagonism, on the other hand there is a need to fight for one's rights and the rights of the planet. We could observe that once there was an 'opposing' energy in the group, it was hard for people to feel listened to. In the absence or denial of love, we observed an increase of fear, judgement, separation and a need to control. Several participants emphasised that leadership with love is not a 'soft option', however it creates a dynamic that enables everyone to maintain their dignity and begin to work for the good of all. Where anger or frustration at injustice is expressed, we must also remember that even this anger is borne out of love - love for humanity and the hope for a better world.

## Leadership for our collective well-being on the planet

*Organised by the University of East Anglia, UNEP Major Group of Children and Youth (UNEP MGCY), Institute for Advanced Sustainability Studies (IASS), Spirit of Humanity Forum and Brahma Kumaris, 19<sup>th</sup> November at a well-being centre in Norwich, UK*

**Leadership for Our Collective Wellbeing on the Planet**

**Venue:** 53 Nelson Street, Norwich  
**Date:** Friday 19<sup>th</sup> November 3.30pm – 5.00pm

We live in an interconnected world. To create a world of wellbeing, we need the balance of caring for our inner self, for each other and for every living being. Following COP 26, it is clear that leadership based on care and compassion is needed more than ever. Only through leading with love can we transcend the self-interest of the individual group and even nation and adopt a broader vision of flourishing for all.

Join us for an afternoon of sharing, dialogue and reflection.

<b>Prof. Heike Schroeder</b> University of East Anglia, School of International Development	<b>Maureen Goodman</b> Programme Director, Brahma Kumaris, UK Strategic Circle member, Spirit of Humanity Forum	<b>Carolin Fraude</b> Researcher, Institute of Advanced Sustainability Studies, Potsdam	<b>Shantanu Mandal</b> Member, Steering Committee UNEP MGCY (Major Group of Children and Youth)

Logos: UEA, BRAHMA KUMARIS, SPIRIT OF HUMANITY FORUM, IASS, UNEP MAJOR GROUP OF CHILDREN AND YOUTH

Following the participation of the Spirit of Humanity Forum, together with other associates, at COP 26, there was a clear need to explore more deeply the concepts that underpin our response to climate change. We need greater awareness of the interconnectedness of all living beings and their well-being and the need to balance caring for our inner self, each other, and every living being. Only through leading with love can we transcend the self-interest of the individual, group and even nation and adopt a broader vision of flourishing for all.

A group of 25 academics, well-being practitioners and environmentalists gathered for an afternoon of reflection and dialogue.

Acknowledging the complexity of governing in such times and managing the vested interests of various stakeholders, Professor Heike Schroeder of the University of Norwich highlighted the lack of trust she observed between countries at COP and the need for change to be people led.

Shantanu Mandal (UNEP MGCY) spoke of the success of movements such as Fridays for the Future in bringing the voice of youth to the table.

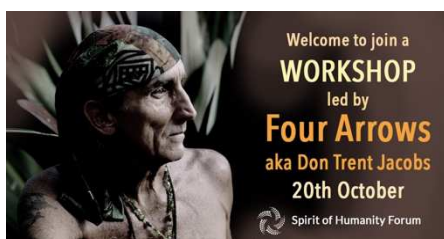
The trans-disciplinary research that Carolin Fraude is engaged in for IASS considers the transformation of the individual's attitude, mindset, world view, and belief system to be the missing link in bringing about change. Maureen Goodman of Brahma Kumaris and Spirit of Humanity explored the process of the transformation of consciousness, which underpins our values system and decision making.

An in-depth dialogue ensued, reflecting on the times we are in from a broad perspective and exploring the potential of inner transformation of consciousness as a foundation for lasting global change. This puts the possibility of change in our hands, but collective energy is needed.

It is helpful to remember the slogan *UNESCO* has chosen for its Strategy for Action on Change, '*Changing minds, not the climate*'. Changing minds means establishing a new order of priorities in politics, the economy, industry and the daily lives of us all. But above all, it is about becoming aware of the ethical implications of climate change, which threaten the planet's ecosystems and our fundamental rights by creating injustices and widening inequalities.

## Workshops for inner work

To support leaders practising inner work, we started offering the 5th Forum workshops online in the autumn. Connecting more closely and regularly has also strengthened the SoH community of values-based leaders.



## Simple Spiritual Practice



### Fridays for Silence

Our coming together in silence on Fridays has continued without a break since the start of the pandemic, even on Christmas Eve and New Year's Eve. Silent reflections played a vital role in the 5th Forum, as usual. Anyone is welcome to join us in a **simple spiritual practice** to empower the self and help shift human consciousness towards what we consider to be our common core human values such as love, compassion, peacefulness, care, respect etc.

**Every Saturday** a very similar practice of connecting in silence online has been offered by our Icelandic SoH team, with guests making an introduction in Icelandic. Up to 70 participants join every Saturday.

## The Little SoH Film Festival



A Little Spirit of Humanity Film Festival was organised in collaboration with Reykjavik International Film Festival. It is a beautiful collection of documentaries showing concrete examples of love in action. We can all be the change we dream of and inspire change in the world. Everything starts from inside. Do not wait for others to create a positive difference. Just begin where you are standing. Others will see you and follow your example.