



6<sup>TH</sup>  
SPIRIT OF  
HUMANITY  
FORUM

## Healing a World in Crisis Leading with Authenticity and Love

1<sup>st</sup> to 3<sup>rd</sup> June 2023, Reykjavík, Iceland

### **A Global Platform**

The Spirit of Humanity (SoH) Forum offers a global platform for leaders and change-makers seeking to contribute to lasting transformation in the world. We believe that such transformation requires a shift in our way of being to embrace higher values intrinsic to humanity, such as love, compassion, solidarity and peacefulness. Hence the purpose of the SoH Forum is to support this emergent new paradigm through exploring practical examples of living with core values in governance and decision-making.

### **A transformative retreat**

Over the past 10 years, the Forum has created an environment in which leaders and change-makers have shared what motivates them at a deeper level. This has served as a great inspiration for inner transformation which has impacted many in their way of being and practical action.

As a further step in our work together, for the first time, the Spirit of Humanity Forum will take the form of a retreat to provide the possibility of a more in-depth exploration of the theme. It will offer its well-recognised safe and nurturing atmosphere using its three pillars of dialogue, listening and silence. Together we will consider the impact of personal and collective healing in life and society.

### **A time for healing**

Our humanity holds a promise; that of a brighter future in which there is peace, care, security and a sustainable way of living. A world where our decision-making processes uphold the highest values of dignity and respect for every human life and the natural world.

However, all over the world, many are suffering while living in the most challenging of circumstances. This is often intensified by the painful memories of history, passed down through

the generations. Without inner reconciliation, and healing both individually and collectively, there is the possibility that we will remain locked in cycles of violence and exploitation and continue to rely on ways of thinking that create barriers and fear. To avoid even greater polarization in society and a deeper breakdown in our societal structures, healing is necessary.

### **A shared humanity and a shared ecology**

As healing takes place, there is a shift in the way we perceive reality and we recognise the intimate connection between our inner state of being and the outer state of the world. There is a move to the awareness of a shared humanity and a shared ecology.

Therefore the SoH Forum 2023 will focus on the urgent need for healing at every level; the personal and societal, between nations and in our relationship with the planet. Healing at each level contributes to the healing of the whole. We must do this – together.

### **Authenticity and Love**

The culture and atmosphere in which we live can facilitate healing or perpetuate suffering. An atmosphere of authenticity and love, especially in leadership, can enable reconciliation, forgiveness, trust and ultimately healing. There is the possibility of environments of collective care, where wellbeing is the highest priority, where healing is built into the structure of our communities, institutions, and systems.

Authenticity is considered fundamental to living a life of integrity, regardless of the pressure to do otherwise. However, authenticity is not about being true to a stated goal or aim in a material or external sense; it is about being true to the fundamental principle of love in our way of being and living.

Authenticity and love, together, create a state of benevolence and harmony which is both restorative and creative and helps us return to a natural loving state, connected to that which serves life. This is the foundation upon which our societies and the natural world can flourish.

### **Leadership and Change**

The retreat will encourage those at the forefront of leadership and change to explore what it means to lead with authenticity and love, and how this supports our ability to heal. We will consider the place of integrity and honesty in today's world and the need to remain strong at heart in the midst of adversity. We will reflect on the courage needed to serve selflessly.

### **Questions to be explored include:**

- How do we heal ourselves from our current experiences and the deep memories passed on through generations?
- How can our systems of governance and governing institutions facilitate healing?
- What is the impact of leading with authenticity and love on our communities and nations?
- What is the role of authenticity and love in healing our relationship with the planet; can we restructure our priorities and use of resources?
- What does it take to live with authenticity and love in situations of conflict?

### **Dialogue, reflection and learning**

Highly experienced individuals who have themselves gone through profound healing and transformation will gently guide us, together with inspiration from leaders, change-makers and emerging leaders.

They will work together to hold a loving and authentic space throughout our time together.

There will also be dialogic roundtables, experiential work, contemplative reflection, informal conversations, and rich cultural and artistic experiences.

The SoH Forum invites leaders, practitioners, professionals, thinkers and change-makers from diverse fields including the following:

Politics  
Business and Economics  
Education  
Social Work and Health  
Science and Environment  
Media  
Arts, Music, and the Humanities

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Supporters of the 6th Spirit of Humanity Forum

