



SPIRIT OF HUMANITY FORUM

Resetting the Compass
towards Core Human Values



**Prime Minister of Iceland
Katrín Jakobsdóttir**
at the Spirit of Humanity Forum

“In these times, when the increased use of social media and technological changes seem to have deepened polarization and conflict, I think increasing understanding and dialogue is a political goal in itself.”



Christiana Figueres
Former Executive Secretary
UN Framework Convention on Climate Change (UNFCCC)
at the Spirit of Humanity Forum

“It is very clear to me that everything we do in the outside world is only the extension, or the result, of what is happening in the inside world. So, that is where we have to start if we want to change anything on the outside. I started with the mindset we bring to the challenge – the power of thought. It was the shift from feeling helpless to feeling enabled, understanding that there is an infinite source of strength and wisdom within ourselves which we only just barely tap into and, if we tap deeper into it, we have everything that it takes to construct a different reality from the one that we are perceiving right now.”



**President of Iceland
Guðni Thorlacius Jóhannesson**
at the Spirit Humanity Forum

“If we only say, ‘I am just a poor, single individual – I cannot effect change – so be it’, then things will never change. But if I say, ‘Yes I am small, I am a single individual, I am alone but with the help of others, if we unite, if we stand together’ – then we are mighty.”



The Three Pillars of the Spirit of Humanity Forum

Silence, listening and dialogue

The Forum is specifically using silent reflection, deep listening and dialogue in all its events to provide an opportunity for leaders and change-makers who are driven by core human values to learn from each other in a safe space and find new ways forward together. We believe this practice will create a very different outcome in meetings.

Silence

To see a different perspective and think new thoughts we need to give the mind a complete rest in between. In silent reflection, we digest impressions, let insights sink in and we prepare ourselves to learn something new.

Listening

To listen deeply with only a sincere intention to grasp what the other is trying to express without interpreting or drawing conclusions is a level of listening that can open up for the dialogue and build bridges of new understanding.

Dialogue

To build our understanding of something, together with others, without the pressure to make decisions or be “right.” When we inquire into a subject, rather than advocate for certain ideas, we can welcome what the other has to offer and create something new together.





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
- the deeper dimensions of our humanity that affect the direction of global societies
- the diverse ways to support each other in maintaining hope as we move towards a new future

Forum activities

- sharing of powerful examples of transformation
- themed panels and workshops
- interactive small group dialogues
- informal conversations
- time for reflective silence, prayers, meditation
- cultural and artistic experience



City of Reykjavík

Five international forums have taken place since 2012, hosted and supported by the City of Reykjavík. The city was chosen as the venue for the Forum as it aims to become a global capital for peace, and places emphasis on human rights and peace in its work and policies. 2016 was the 30th anniversary of the historic Reykjavík summit at Höfði House with Presidents Reagan and Gorbachev which set in train the events that brought an end to the Cold War. The anniversary was marked by the launching of the HÖFÐI Reykjavík Peace Centre by the City of Reykjavík and the University of Iceland, an important next step in Reykjavík's mission of becoming a city of peace. Since then HÖFÐI has become an important partner of the SoH Forum.

Dagur Bergþóruson Eggertsson Mayor of Reykjavík

“Reykjavík is extremely happy to host the Spirit of Humanity Forum. It is important for us to be a venue for such an important event that focuses not just on peace in general and peaceful settlement of disputes, but also on peace in the heart.”





6th Spirit of Humanity Forum

Healing a World in Crisis

– Leading with Authenticity and Love

Thursday 1 June – Saturday 3 June 2023

The Prime Minister of Iceland will personally contribute to the 6th Spirit of Humanity Forum.

Previous Forums

Spirit of Humanity Forum 2012

‘Resetting the Compass - Creating a Landscape of Possibilities’

Spirit of Humanity Forum 2014

‘The Power of Love and Compassion in Governance - Sharing Actions for Effective Change’

Spirit of Humanity Forum 2017

‘Caring for a World in Transition – Building a Spiritual Foundation for a Peaceful and Loving World’

Spirit of Humanity Forum 2019

‘Discovering Harmony in a World of Difference -Spiritual Resilience in Practice’

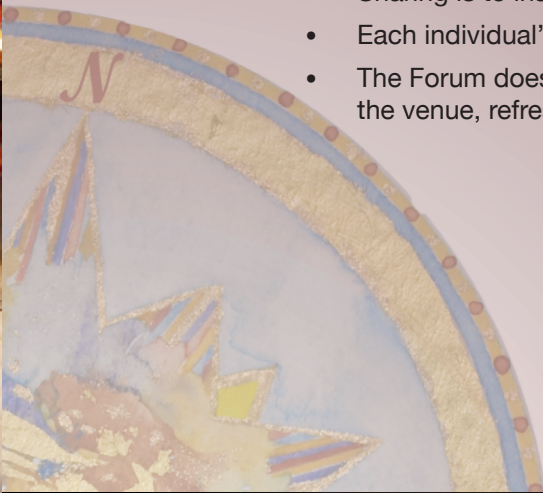
Spirit of Humanity Forum 2021

Towards a Loving World – Leadership & Governance for Wellbeing



Ethos

- The Spirit of Humanity Forum is participatory and spaces are co-created for deep listening, dialogue and silent reflection.
- The essential question we seek to explore is, “How shall we be?” rather than, “What can I do?”
- Sharing is to inspire practical steps towards personal transformation.
- Each individual’s contribution is respected and valued.
- The Forum does not apply a registration fee and sponsors the cost of the venue, refreshments, reception and programme.



Regional Forums - from Iceland to the world

Through Regional Forums, we aim to spread the seeds of transformation more widely. This would support and enlarge the circles of spiritually-inspired leaders and change-makers in all fields of endeavour and cultural contexts.



Partnership & Collaboration

Brahma Kumaris, Lotushus Iceland
lotushus.is
brahmakumaris.org

City of Reykjavík
reykjavik.is/en

Education 4 Peace Foundation
education4peace.org

The Fetzer Institute
fetzer.org

Guerrand-Hermès Foundation for Peace
ghfp.org

Heartfulness/Peacefulness
heartfulness.org/en

Reykjavík Peace Centre
University of Iceland
fridarsetur.is/en

Synergos
synergos.org

Global Humanity for Peace Institute
www.uwtsd.ac.uk/global-humanity-for-peace/

The Lunt Foundation
luntfoundation.org

Flourish Project
flourishproject.net

Initiatives of Change
iofc.org

Home for Humanity
homeforhumanity.earth

International Leadership Association
ilglobalnetwork.org





Lord Alderdice

**Director, Centre for the Resolution of Intractable Conflict,
Harris Manchester College, Oxford**

“I was grateful to have attended what I found to be a very positive spiritual experience – not something one always finds at the conferences I attend.”



Sister Jayanti Kirpalani

Additional Administrative Head, Brahma Kumaris

“Each one of the Forums has generated such an intimate and safe atmosphere that leaders, who are playing key roles in bringing agreement in politics, the environment and other discussions, have been able to speak openly from their heart. They have shared stories of their success at bringing in the components of their own faith and spirituality.”



Emmanuel Bombande

**Peacebuilding Scholar-Practitioner, former Deputy Minister of Foreign Affairs
and Regional Intergration, Ghana**

“The Forum created a conducive environment for good introspection and self-care, linking our actions with the spirituality of the human person.”



Gulalai Ismail

**Co-founder of Aware Girls, an organisation led by young women, working for women
empowerment, gender equality and peace in Pakistan**

“The Spirit of Humanity Forum is a place where amazing and powerful ideas are shared that strengthen the work I do back home. To learn from new ideas, take inspiration from what people are doing and from their achievements.”



Dr Imad Karam

Executive director, Initiatives of Change International

“When what divides people seems to be more important than what unites them, the SoH Forum becomes a wonderful space to meet and share with inspiring leaders from all over the world. Coming together in this way gives me what I need to remain hopeful and keep working for change in the world.”



Dr Rama Mani

Founder of Theatre of Transformation Academy, Co-founder Home for Humanity

“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.”



Mike Hardy

**Chairman, International Leadership Association; founding director, Centre for Trust,
Peace and Social Relations, Coventry University**

“Being the chair of the board of the International Leadership Association, which is an association which is making demands on leadership to step up, there is no surprise that I am attracted to come to the Forum. The experience was quite transformational. SoH Forum is a trusted and safe place, which encourages and supports the sharing of experiences and open dialogue.”



Ingibjörg Sólrún Gísladóttir
fr. Foreign Minister of Iceland

“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.”



Dr Thomas Bruhn
Senior research associate, Institute for Advanced Sustainability Studies, Potsdam

“The SoH Forum provides unique opportunities to explore resonances between inner transformation and sustainability. A forum like SoH is a precious gift that provides a safe space for building and experiencing strong relations among change agents committed to a humanitarian future.”



Prof Tania Singer
Scientific head of the Max Planck Social Neuroscience Research Group

“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.”



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

“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 one rich man in a village is a poor man... but when he shares his wealth with everybody, he is a wealthy man ... because he does not need to build high walls to protect himself out of fear”



Tomas Björkman
Applied philosopher and social entrepreneur

“The Spirit of Humanity Forum in Reykjavik was an excellent opportunity to connect and reflect with people from all over the world, all committed to co-creating a more conscious society. Thank you all, organisers and participants, for creating such a powerful gathering of dedicated souls as a manifestation of the signs of our time!”



Ella Gregory
High School Graduate, UK

“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.”



Kenneth Gergen
President & CEO, Taos Institute

“What really inspires me is the diversity of people coming together from all the different backgrounds here, from politics, arts, business, religion – the combination of different voices, everyone with the vision of creating a peaceful world through applying the spiritual element.”



Zhang Lanying
Executive Deputy Dean of the Institute of Rural Reconstruction of China, South-west University, Chongqing

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



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

“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.”



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

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



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

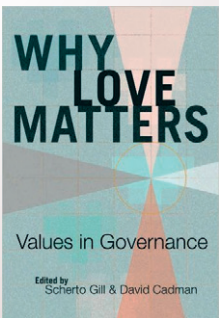
“We have to be curious. It opens our hearts to others. Anger doesn’t allow us to be curious. Curiosity helps us establish a common language rather than an attitude where we don’t want to know.”



Karen Björk Eypórsdóttir
Programme Director of Sustainability, City of Reyjavík

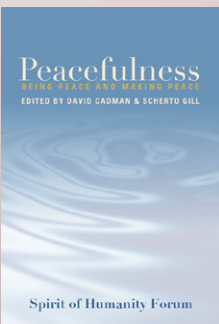
“The only thing you have power over is yourself. So, if you dislike something, like greed, judgement or prejudice in the world, then it is your responsibility to adopt something different. To adopt the values you would like to see more of in the world.”

Spirit of Humanity Forum Books



“Why Love Matters: Values in Governance”

Arising from a concern that the ‘old’ paradigm of alienation, consumerism, selfishness and exploitation is damaging for humankind and the family of Earth, the book postulates that a new way of being must be in place so that intrinsic values of caring for others should underpin the intent of our decisions at personal, regional, national, international and global levels. All chapters are written by the speakers at the 2nd SoH Forum. Available on Amazon.



“Peacefulness: Being Peace and Making Peace”

The most important contribution of the book rests on its insisting on the relevance of a spiritually-rooted and ethically-oriented conception of peacefulness to our personal and communal relationships as well as the global socio-economic-political structures. Hence, “This book will be on my desk and not my bookshelf for quite some time,” writes Mike Hardy CMG OBE in his Foreword for the book. All chapters are written by participants of a SoH Forum dialogue on peacefulness. Available both as paperback and ebook on Amazon.



www.sohforum.org