

# H4H – Global Movement

HUMANITY FOR HOPE  
OPENING OUR HEARTS TO COMPASSION, POSITIVE PEACE AND  
WELLBEING OF THE WHOLE

## DISCOVERY:

History will record that the year 2020 began with the global community in an unprecedented public trial.

This test, arising out of all the pain and imposed measures, has given rise to new ways to live, work, listen, speak, act and connect and to learn in the age of social distancing, but also to a new common consciousness.

Sidewise with all the sadness, fear, divisions and doubts, a new world is also emerging, in which wellbeing is approached as a treasuring of the common good.

As unhappy as we are that this pandemic is upon us, and mourn all the dramatic losses of lives, jobs, and hope, we are also taking great comfort in what's going on in our world today. The world community is waging compassionate interdependence, and a heartfelt willingness to enhance their common humanity and (re)connect in more fraternal and spiritual ways.

## DREAM:

We are relational beings. Even if we serve only one person, through him/her we love and serve all humanity. Therefore, we envision a rhizome world where we are healing the divides and where gifts are reciprocated, allowing people to have access at least to the lowest psychological and material resources that allow them to live with dignity and quality.

The common experience of distress and confinement associated with this trying times of the pandemics, gave heart to an initiative, launched initially in Brazil by our colleague Andrea Perez, called “Learning with empathy/Aprendendo com empatia”, which Junior Miranda, also a Brazilian, decided to spread in Portugal.

The UNESCO Chair on Education for Global Peace Sustainability from Lisbon University embraced the challenge to unite world leading figures in the topics of peace and mental, relational, environmental, community and physical wellbeing, with those currently in need of the most basic needs.

## DESIGN:

On April 9<sup>th</sup> 2020, we invited world academics and practitioners - from the International Positive Psychology Association (IPPA), from the Taos Institute e from other organizations from around the world - to offer their knowledge pro-bono in exchange of supporting organizations, communities and families that needed help.

In about 24 hours we had 40 frontrunners from multiple countries and continents. This is therefore the result of their capacity to love the more vulnerable: sharing what they are best at.

Therefore, we created a Global Movement entitled Humanity for Hope (H4H): Opening our hearts to compassion, positive peace and wellbeing of the whole. It is a platform where circa 50 pre-recorded conferences can be assessed, given by some of the most influential specialists in different types of wellbeing and *buen-vivir*.

Those speakers are based in +/- 20 countries from different continents. The conferences will be mainly addressed in English, Portuguese, and Spanish, with a few in French and Arabic. Volunteers are translating some of the conferences with subtitles. They are previously videotaped and participants can access to the content at any time, after registration. In the platform we have links to organizations in different countries that are currently intervening to help those with basic needs. The transparency of the donation process is guaranteed. The fee to be able to participate in the platform is small, to allow anyone with internet access to be able to learn with the speakers, and if the person cannot pay at all, will not be excluded. For the ones who can pay, there are different options for financial contribution, and the higher the donation, the more families and communities we will be able to support.

We are therefore tapping into different types of needs and goods – the more emotional, physical, relational, environmental, economic, throughout the content of the knowledge-based conferences, which will be appealing to a large audience from around the globe, while attending tangible goods and services in need by the most vulnerable.

Additionally, we will gather data on the present resilience of the participants, and their families and communities, using a questionnaire that will be sent to all the participants. To engage them all and begin as much as possible the opportunity for dialogues, we will ask them to send a short video or text on the impact of participating in the H4H Global Movement.

We are aware that this is a remediative approach; but we also trust it can be transformative through the majestic way all the supportive hands were extended to others.

DESTINY:

We invite all the ones interested to engage with the conference-platform, whose link will be sent to you all soon, and shared in the social media and, in the meanwhile, help minimize the economic and psychological impacts on exposed persons and communities.

Light is frequently in the deep center of our shadows. No real and true transformative and spiritual path separate us from the world and the wounds of humankind; otherwise, it invites us to look at the world with renewed hearts and sink our hands in common suffering.

Although it is too soon to know just how the world might be different in the post-COVID-19 period, only joint ventures of good, and a vision of a better future, can draw our sights towards a new horizon, stir our common energies, and give impulse to our actions for a better humanity. And then, yes, to truly make transformations towards a world that is more just, fraternal and harmonious, where we co-construct our communiverses (Gergen, 2020) and rise together.