



# **LEADERS WITH HUMANITY**

A PRACTICAL GUIDE FOR THE WELL BEING  
OF HUMAN RIGHTS AND ENVIRONMENTAL  
ADVOCATES

By ADO in collaboration with Daniel King

*In dedication to all the courageous beings that offer their lives to be, **THE VOICE OF THE EARTH.***

*The hope of a secure and livable world lies with disciplined nonconformists who are dedicated to justice, peace and [humanity].*

**MARTIN LUTHER KING, JR**

*Our human compassion binds us the one to the other - not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future.*

**NELSON MANDELA**

*There is no path to peace, the path is peace.*

**THICH NHAT HANH**

## **OUTLINE**

- Inner Transformation, Collective Change
- Leadership
- Tools for Important Meetings
- Compassionate Communication
- Staying Healthy for the Long Journey
- Eating
- Concentration
- Listening to Yourself
- Conquering Fear and Frustration
- Meditation
- Inspiration
- Relaxing & Sleeping
- Travel Tips
- Diet
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*“If we keep quiet and attentive, perhaps we can learn something new about ourselves and others”*

*“We cannot change others, but we have the power to change ourselves”*

*“Inner peace begins the moment you choose not to allow another person or event to control your emotions”*

*“Stop the glorification of BUSY”*

*“Be compassionate with yourself”*

## **INNER TRANSFORMATION – COLLECTIVE CHANGE**

*If we can change ourselves, the tendencies in the world will also change. As a man changes his own nature, so does the attitude of the world change towards him....we need not to wait to see what others do.*

**M.GANDHI**

Self-awareness without any judgment or opinion is the seed of Inner Transformation. The development of true Compassion and Understanding that the decision to be THE VOICE OF THE EARTH starts by the profound realization that we belong to HER and not the other way around. The best contribution to the collective change starts by acknowledging the human being we

are and taking good care of it. This is the best way to a social collective change.

*You must understand the whole of life, not just one little part of it. That is why you must read, that is why you must look at the skies, that is why you must sing, and dance and write poems, and suffer, and understand, for all that is life.*

**JIDDU KRISHNAMURTI**

## **LEADERSHIP**

A leader who transcends, inspires and ultimately reflects wisdom and inner peace; starts with a dream, a VISION.

The research starts with an individual quest: “Who am I? What do I want? What is my purpose in life?”

This kind of leader is not interested in power, self-worship or ego oriented. She does not use destructive behavior to intimidate others.

The visionary leader is one who has the courage to self-inquire.

The ultimate “Research” is about the human experience: an awareness that comes from the deepest understanding through an inner journey.

The motivation of leaders who have changed the world for the better is not status, money or possessions. Rather they have stood fearlessly for justice and have been inspired to relieve the

pain of those beings suffering from human rights and environmental abuses.

They are aligned with the wholeness to carefully understand the human nature within before attempting to impose change into others.

The difference between a manager and a leader is that a manager gives orders and supervises and a leader leads.

Most importantly, “A leader with humanity’s inspiration is THE VISION of a further evolution of humankind, based in developing the heart that brings Wisdom and Universal Compassion.”

*Intelligence is the capacity to perceive the essential, the what is; and to awaken this capacity in oneself and in others, is education.*

**JIDDU KRISHNAMURTI**

## **TOOLS FOR DAILY MEETINGS WITH HUMANITY**

In order to transform into a more aware and courageous defender, there is a need to accept that the other person in the meeting is also a human being, with the same desire for peace and happiness, even if it comes from a different point of view.

## **COMPASSIONATE COMMUNICATION**

Listening with 100 percent of attention and acknowledging the other person is a good way to start practicing compassionate communication. This communication with kindness will open the doors to mutual understanding.

One should not impose an opinion but rather through complete attention find a new way to move parties closer in opinion.

Mutual respect brings a more open and peaceful environment for dialogue.

*The only way we can begin to end wars is through communication between people.*

**THICH NHAT HANH**

## **STAYING HEALTHY FOR THE LONG JOURNEY**

Connection to the earth means the awareness that, what we all choose to eat affects our health and thoughts, and eating habits lead to changes in the environment and to other beings.

Therefore, every decision we make is relevant, and it is a mirror of awareness to others.

### **Suggestions to staying healthy in the inner and outer journey:**

- Sleep anytime between 6 to 8 hours per day;
- Take meals at a regular time;
- Drink enough water;
- Take short walks;
- Do some stretching, and
- Adapt the position of your computer in such a way that is at the level of your eyes.

If your work involves many hours on the computer, take a break of at least five minutes every hour, cover your eyes with the palm of your hands to allow them to rest. This will help you to stay mindful.

Remember that even though you have important responsibilities, you are only a human being.



When we start by acknowledging these simple acts of compassion to ourselves, what follows is compassion for the rest of humanity.

## **BEFORE MEETINGS WITH IMPORTANT DECISIONS**

Have the intention to take a time in complete silence, continue with centering all your attention in the breath.

These simple practices will help to see things clearly and be ready and alert.

- Choose your dinner wisely
- Try to go to sleep about 10 pm
- Wake up early and have a silence practice
- Make the intention to listen with your whole attention
- If possible do mild exercise (walk, bicycle, Tai-Chi, Yoga)
- Meditation on awareness

## **CONCENTRATION**

At the end of meetings or on breaks, pause for 5 or 10 minutes, and be present in the moment, don't try to change it or resist it, just develop awareness of the thoughts, feelings and sensations in the body. Let go of any resistance in the body and mind and slow down the breath. **ACKNOWLEDGE THE SILENCE.**

You will find some suggested postures at the end of these notes, to relieve the accumulation of stress and tension in the body after long hours working in front of a computer.

*Letting go gives us freedom, and freedom is the only condition for happiness. If in our heart, we still cling to anything – anger, anxiety, or possessions – we cannot be free.*

**THICH NHAT HANH**

## **LISTENING TO YOURSELF**

*Deep listening is the kind of listening that can help release the suffering of the other person.*

**THICH NHAT HANH**

Listening to yourself requires quieting the inner chatting of the mind in order to listen what is really happening.

It is the practice of “No practice”. There are no opinions or judgments.

It is to be able to stop and try to see clearly what is going on inside, not in the outer world, but in the inner world.

It is giving up the tendency to impose a point of view on everything, even to ourselves.

Only from that space, without disturbance, perhaps can arise the understanding of WHAT IS REALLY HAPPENING.

Listening deeply inside, without mental conditioning, requires a decision to take the path of self-inquiry, not accepting concepts, but rather investigating and searching carefully for the truth.

It demands to let go of old patterns of thinking or reacting in certain habitual ways. It demands deep silence and freedom from any opinion. Whatever then arises must be seen with an open mind and a compassionate heart.

We can practice **total attention** only for a whole breath, perceiving what the inner voice is trying to communicate; listening with kindness so intensely, until we can at least see glimpses of understanding.

What follows is the way to clear decisions, for they are born from a space of inner peace.

Even if there is a feeling of confusion, keeping enquiring. Walking to the path of clarity and listening to your inner voice means being 100 per cent present, right now, in this moment.

## **CONQUERING FEAR AND FRUSTRATION**

Vulnerability is an important place to know the nature of fear.

In the journey to overcome it, first we need to get close to it with attention and compassion to see its nature.

For this awareness to happen, we need to get so close that we are aware of what triggers it, observing the physical reaction, the signs in the body and changes in the breath.

Sometimes the first reaction to Fear is to blame something or someone else, but fear is a mental creation with is rooted in memories.

As with any emotion or experience, there are two different reactions. The first is to feed the memories. To bring them back to the present moment as a habit of the mind and distorting them. Believing the memory is still alive.

The response of a leader with humanity is to see the memory clearly. To take the journey of forgiveness and let the memory go as an illusion that manifests its tricks clearly in front of our eyes before disintegrating.

*Why do you stay in prison, when the door is so wide open?*

**RUMI**

*It's your road and yours alone. Others may walk it with you, but no one can walk it for you.*

**RUMI**

## **MEDITATION**

Sit down in a comfortable posture, whether sitting on a chair or on the floor. Start by being aware of the tension accumulated in the body and the chatting of the mind.

Observe your breath without trying to change it or regulate it in any way; only make the intention to naturally slow it down.

*The quieter you become, the more you can hear.*

**ANONYMOUS**

*I will not let anyone walk through my mind with their dirty feet.*

**MAHATMA GANDHI**

## **RELAXING AND SLEEPING**

Relaxation can be done at any time or place, by developing awareness of the body. Start by scanning the body with the mind.

Observe the muscles of the face, the throat, and the brain and if you find any tension in the body as in the mind, take some conscious breaths until you let go of the resistance.

Train your mind to relax in extreme situations by practicing short moments of relaxation regularly in your day during any situation.

Keep yourself as a witness of whatever you are experiencing.

Continue observing the breath with a clear, focused mind.

## **ON SLEEPING**

Do not take stimulant food or drink for at least 3 to 4 hours before going to sleep.

The practice of relaxation before falling asleep is very beneficial.

Lay down on your right side for few minutes, this will calm your mind and the breath.

## **TRAVEL TIPS**

Be rested before traveling, practice mild exercise and keep a light but healthy nutritious diet.

Adapt to the time zone where you are going.

Be aware of fluids to avoid dehydration, while flying do not drink alcohol or caffeine.

Drink plenty of water.

Try to exercise on the plane, or move every 1 or 2 hours.

Find sunlight as soon as possible after landing and ground your feet in the earth.

## **DIET**

Be kind with your stomach and choose food that helps you to be aware and at peace, especially on the days with big decisions.

A healthy stomach is important for resting well, having proper restorative time and being stronger in any situation.

*There are some people who eat an orange but don't really eat it. They eat their sorrow, fear, anger, past, and future.*

**THICH NHAT HANH**

## **MINDFUL EATING**

We can develop an appreciation of food as a representation of kindness from MOTHER EARTH on our plates, and be able to acknowledge the seeds, sunlight, water and earth.

Healthy eating also means a Healthy environment.

*Keeping your body healthy is an expression of gratitude to the whole cosmos – the trees, the clouds, everything.*

**THICH NHAT HANH**



## **RULES OF LIFE**

*Take into consideration that great love and great achievements involve great risks.*

*When you lose, don't lose the lesson.*

*Follow the three Rs: Respect for self, Respect for others and Responsibility for all your actions.*

*Remember that not getting what you want is sometimes a wonderful stroke of luck.*

*Know the rules so you know how to break them properly.*

*When you realize you have made a mistake take immediate steps to correct it.*

*Spend some time alone everyday.*

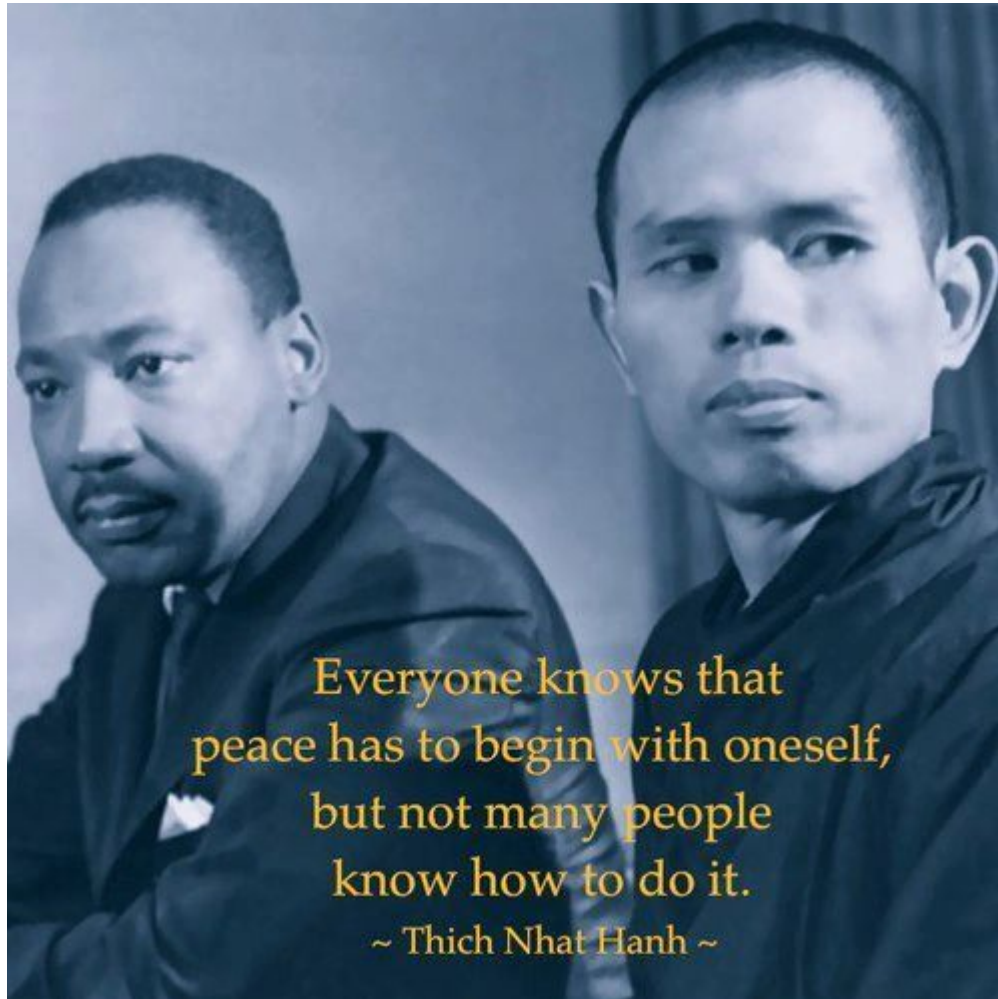
*Share your knowledge. It is a way to achieve immortality.*

**BE GENTLE TO THE EARTH.**

**H.H.DALAI LAMA**



**“May the Voice of the Earth talk through your kind hearts”**



**“When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help. That is the message he is sending.”**

**THICH NHAT HANH**