



## Addressing Our Global Challenges Through Humility & Compassion

*By Patricia DiVecchio*

*“The mind is the most valuable thing in the world. But the deluded mind can be the most dangerous.”*

*- His Holiness the Dalai Lama*

With the Ebola epidemic, war with ISIS, and global warming, the world—*our* world—is in a period of tremendous upheaval. These and other extreme challenges are complex and will take all the knowledge, understanding, consciousness and wisdom our best minds have to offer in order to solve them.

The stability of our planet and its people, world economic markets and our peace of mind are at stake. Yet limiting beliefs, dysfunctional mindsets and outdated traditions still rule. Too many leaders operate with thinking based on stale, unimaginative—even insensitive—thinking because it’s easier to maintain the status quo than it is to change.

Even with global stability at stake, we aren’t always willing to dig deep enough to the core issues causing the problem. We either don’t have the tools, the willingness or the courage.

What prevents us from moving forward? Fear.

1. Fear of losing something we see as having great value.
2. Fear of not getting what we want or what we think is the best for ourselves.

3. Fear of being found out. The old imposter syndrome: maybe we just aren't what we say we are. Maybe we don't actually have our clients' or our country's best interests in mind; maybe we aren't really about helping others self-actualize; and maybe what is actually driving us is ego.

We've all invested a lot of time and effort in crafting our lives, our work and our organizations just the way we want them. We've built institutions, customs and livelihoods around the difficulties we face, so we are hardly going to let go of these or even change them for the better without a lot of kicking and screaming.

If we are driven by our fear and also our egos, then humility and compassion have no place to bloom. Somehow, these very human attributes have gotten downplayed as drivers in our world. We dismiss them as being too 'soft.' You may be doing that now as you read this piece. You may consider them to be impractical and hardly a viable solution to complex global issues.

We tend to discard concepts when we don't truly understand their value and application. But really, our sense of humility and compassion are the most powerful tools we have – and often are the most difficult to implement.

So, where and how do we incorporate humility and compassion into our daily work and personal lives? Here are 3 steps:

1. Practice humility – in the end, we are all equals with a lot to learn from each other.
2. Accept the ways of others – it is too easy to make others wrong so we can feel right.
3. Show compassion – first and foremost, for yourself and for others.

This shift of attitude and mindset can contribute to a powerful physical and spiritual transformation in this world. Let's stop being so regressive. Let's champion being evolutionary instead.

**Your Challenge:** For the next two weeks, practice the three steps above. Work at turning those behaviors into new habits. Will it be hard? Yes. But remember, as humans, we're genetically predisposed to be humble and compassionate. Set politics and prejudice aside, and your true inner nature will take over – if you nurture it.

*"The Difference*

*Between a good artist*

*And a great one*

*Is:*

*The novice*

*Will often lay down his tool*

*Or brush*

*Then pick up an invisible club*

*On the mind's table  
And helplessly smash the easels and  
Jade.*

*Whereas the vintage man  
No longer hurts himself or anyone  
And keeps on Sculpting Light"*

"The Vintage Man," Hafiz, The Great Sufi Master

(Respond to this email and share your experience – so we can all learn. Thank you.)

Patricia DiVecchio, CEO, International Purpose, [www.internationalpurpose.com](http://www.internationalpurpose.com),  
[patricia@internationalpurpose.com](mailto:patricia@internationalpurpose.com), +1.703.200.3447, skype: patricia.divecchio