

recent research clearly shows we are “wired for empathy” (Iacoboni, 2008, p. 268).

So – what do we do to develop these capacities, to build societies and circumstances where people retain their basic, in-born compassion and have opportunities to build that into far-reaching compassion, where we lead with love instead of fear? The Dalai Lama and others hoping to turn humanity toward peace are writing and speaking about the imperative need to make this learning part of our societies. Many practices lead in this direction, with effectiveness increased by embracing the power of relationship, mind, and brain/body. SoC brought together a wealth of community programs, teachers, healers, and artists who are exemplifying this in their lives. Self-awareness and compassion, and the deep felt sense of connection to all, the synthesis of the dichotomy

of self/other into what Dan Siegel has termed “the neurobiology of we,” can be grown in a multitude of ways. My experience teaching IPNB to practitioners of the healing arts and sciences, education, and leadership, is that they all find some of their field’s “best-practices” are richly illuminated and extended by considering concepts like the triangle of well-being and the nine forms of integration. IPNB principles give us a multilevel framework for grounding ourselves in scientific and subjective knowledge as we build more pathways, programs, and policies that promote coherence, integration, and compassion in our selves and our world.

A peaceful planet is possible. At the end of a message about world peace, the Dalai Lama expresses unlimited compassion like this:



*Whenever I meet even a ‘foreigner,’
I have always the same feeling:
‘I am meeting another member of the
human family.’
This attitude has deepened
my affection and respect for all beings.
May this natural wish be
my small contribution to world peace.
I pray for a more friendly,
more caring, and more understanding
human family on this planet.
To all who dislike suffering,
who cherish lasting happiness -
this is my heartfelt appeal.*

His Holiness the Dalai Lama

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