

At Soteria International we believe that we should not look at HUMAN RIGHTS education as at creating yet new rules to be followed, but rather build tools that can help individuals become aware of the true consequences of actions and thus respond consciously and harmoniously to a given situation.

It is clear to all that humanity is now at the threshold of a new age. The scientific advancements of the last few decades, including quantum mechanics and the principle of holography, have broadened our horizons of reality into new dimensions. Science today proves with clear logic what was before considered to be the domain of mysticism or philosophical speculation. These discoveries raise our understanding of human existence to a higher level, the universe and the laws that animate it. Such discoveries have brought with them bold new developments in the fields of science, sociology, psychology, medicine, philosophy.

All over the world we educate our youth by telling them what to do. We teach them to remember things in school, to be competitive, analytical, we tell them learn this and they say yes. Then one guy comes on TV and says go out and riot –they say YES. Or go and kill someone – they say YES.

With the human rights we also tell people: you have the right to free election. Wonderful. And then the individual takes immediately a passive attitude. I have this right then someone should respect it and guard it for me. We expect the Government to protect the rights. But most of the times it is the governments who trespass these rights in the first instance.

Rather than imposing rules onto people, who then accept them passively or not even aware of them, we need to raise awareness and give people the tools to choose freely, to be responsible for their reactions, to understand the consequences for themselves and for others. We need to learn how to be compassionate, empathic, lucid and conscious and we can all do the right thing by ourselves. With the rights also come responsibility. But in order to have this responsibility first you need to be aware. And here the education comes into place. It is not sufficient to talk about **freedom of thought**, we need to look **at the reality of thoughts influencing the matter**. We must first become aware of the scientifically proven fact that thoughts have a clearly definable physical effect. For example, it is a medical fact that stress can lead to certain intestinal problems. When sustained for long periods of time, negative emotions and thoughts become destructive to the mental, and even physical health, and in extreme cases can lead to death. Good thoughts and emotions, however, have a profoundly beneficial and healing effect. By what we all think here and now in this room we all influence each other. We are all interlinked. If one is stressed we all experience this. If one is happy we all live this. Consciously or not we are all one. Understanding these laws of the Universe and laws of the mind, we can realize the terrible effects of negative thinking, both for the person in question as well as for their entire environment. Therefore, we can say that from this point of view, freedom of thought also means the freedom to **consciously think positively**.

DAVID STEINDL-RAST: "Sometimes people get the mistaken notion that spirituality is a separate department of life, the penthouse of existence. But rightly understood, it is a vital awareness that infuse all realms of our being."

I WOULD LIKE TO EMPHASISE THIS **THE Spirituality** is a dimension of our being. We should not look at adding another chapter at the Human Rights agenda called Spirituality – as in protection of religions and faiths, but we need to include this HUMAN DIMENTION and truly implement it during this HUMAN DIMENTION IMPLEMENTATION MEETING. This is the TRUE dimension, our humanity stems from recognizing the Unity beyond all of us, the spirit.

Psychology first defined IQ as intelligence, then emotional EQ and now transpersonal psychology recognizes the Spiritual intelligence as the highest form of intelligence. We need raise the level also in HUMAN RIGHTS field. Why talk about **the right to marry**? Why not talk about the **right to a happy marriage** and train ourselves onto exactly how to achieve that.

At Soteria International we have conducted spiritual researches into the spiritual traditions of our planet and we have fund out that at the origin of all traditions throughout in the history of humanity there are common guidelines – we have put together these findings together with the latest scientifically researches as a set of PRINCIPLES that when applied can form the framework for a new way of life.

We have uploaded these principles under the Documentation page of this conference- please take time to read and feedback input. We will also develop more on these principles during the lunch break session today called "NEW guide for the CITIZENS OF THE WORLD"- you are all welcome to attend.

We make our world significant by the courage of our questions and depth of our answers. Let us all have the courage to raise the human dimension at its highest peak and be conscious about how we shape here and now our future.

Soteria International would like to suggest OSCE the following approach of the HUMAN RIGHTS EDUCATION:

1. we should not look at HUMAN RIGHTS education as at creating yet new rules to be followed, but rather build tools that can help individuals become aware of the true consequences of actions and thus respond consciously and harmoniously to a given situation
2. we should understand the true dimension of spirituality as a dimension of our HUMANITY and thus implement this dimension in all existing principles

Thank you for your attention.

