PURPOSE: The purpose of our panel is to provide the participants with an alternative way of perceiving humanitarian work and what it means to be a humanitarian. When we think of humanitarian work we typically think of grand undertakings such as helping victims recover from a natural disaster or, perhaps, genocide or war. While this type of humanitarian work gets the most attention, this panel presentation will explain how one person, in an act of compassion, can have not only a broad healing effect for others, but can also open a path to expanding consciousness for the self. While participating in a grand project will elicit the same attributes, our desire is to inspire and encourage participants to engage the humanitarian spirit by accessing the inner light that facilitates individual and collective global healing and peace as they connect with the humanitarian within. We will also be discussing how one's participation in a humanitarian project naturally enhances the probability that one's consciousness is expanded and how this, then leads to greater healing and expansion of consciousness.

LEARNING OBJECTIVES

1. Identify two qualities that facilitate expanding one's consciousness, help them experience heart connection and enhance healing presence
2. Identify two ways service can be an integral part of the evolution of consciousness
3. Identify three populations who have been positively affected by one person with very limited funding
4. Describe a general pathway from beginning to evolve one’s consciousness through to the evolution of healing and humanitarian effort
5. Name three humanitarian projects that contributed to the evolution of one’s consciousness and the evolution of the healing process

WHAT WILL BE TAUGHT:

1. A humanitarian is not simply a person who helps another who is in need, but is one whose presence, “field of energy”, can bring about subtle healing and shifts of consciousness.

2. Service is an integral part of consciousness and that it is conscious compassion that helps to create the path to an evolving consciousness.

3. An individual with a humanitarian spirit can have a significant impact on another’s and their own evolution of healing and consciousness.

4. Small amounts of money, wisely used, can positively impact thousands in refugee camps, prisons and survivor groups.
5. Peer-to-peer resiliency training has affected consciousness among the Las Vegas Veteran Community leaders and veteran study participants in many ways.

6. The development of a humanitarian project within the Veteran Community expands consciousness on a personal level.

7. Peer-to-peer resiliency training is a simple, powerful model for reaching the greatest numbers of survivors.

PRESENTATION OUTLINE

FACILITATOR: Kristin Miller, Ph.D., California Licensed Psychologist, DCEP, ACEP Humanitarian Committee, Humanitarian Relief TFT Trainer who specializes in the treatment of developmental inter-generational trauma and is actively involved in developing various humanitarian trauma relief projects. krisjohnmill@gmail, 530-243-2301, 1356 Olive Ave., Redding, CA 96001.

WHAT IS A HUMANITARIAN?

The purpose of this presentation is to explore what it means to be a humanitarian. Within each of us is an inner wellspring of a genuine desire to be of help. When we connect to this intention to be of service, we naturally feel a heart connection and compassion. This connection has the power to expand our consciousness and deepen our healing capabilities. As we discover the humanitarian within, we recognize that our presence has a subtle yet profound effect on those around us. Even without engaging in a project, each moment can become a healing connection. The call to be involved in communities or globally will spring forth from the heart wisdom of a true humanitarian.

Raven Lee, PhD. LCSW, DCEP, Transpersonal Psychotherapist, meditation teacher, mystic shaman healer, clinical hypnotherapist, and Reiki Master /Teacher integrates these disciplines in her private practice, which specializes in mind/body/spirit healing, trauma and soul fragmentation. She is the author of Unbinding the Soul. drravenleee@gmail.com, www.integrativewisdompath.com, 626-818-8822, 446B S. Marengo Ave, Pasadena CA 91101.

A LITTLE DOES A LOT

As part of this panel we will be presenting on the enormous effect a single person can have on a community with a conscious humanitarian act of compassion. We will share our experiences of a multitude of grass-root community actions that have taken place internationally with very small means affecting thousands in refugee camps, prisons and survivor groups. These stories are inspiring and show how simple a humanitarian action can be. We will describe how our work is an evolution of our humanitarian consciousness through the process of healing on a community level.

Gunilla Hamne, Certified Counselor has developed the Trauma Tapping Technique (TTT) – a simple, language free Tapping modality. She started teaching TTT in Rwanda and Congo in 2007. Together with Ulf Sandström and Albert Ntabwoba she founded Peaceful Heart Network with the mission to spread the technique globally. gunillahahme@gmail.com, skype: gunillaehane, www.peacefulheart.se, www.selfhelpfortrauma.org, +46-704916654, Broddesson, Fatburs Brunnsgata 14, 11828 Stockholm, Sweden.

Ulf Sandström, ACEP Humanitarian Committee, is an international trauma relief consultant, hypnotherapist, mental sports trainer, mental training counselor, hypnobirthing instructor, NLP practitioner who specializes in personal development and clinical applications such as stress, anxiety, somatization, chronic pain, presentation skills, peak performance and existential issues of the soul. u.sandstrom@gmail.com, www.peacefulheart.se, +4-670-488-8418, Upplandsgatan 6, 2tr, 111 23 Stockholm, Sweden.
VETERAN TO VETERAN HEALING PROJECT

During our presentation we will describe the TFT peer-to-peer resiliency training model explored in this healing project, and describe how it has affected consciousness among the Las Vegas Veteran Community facilitators and the veteran participants. We will use anecdotal stories and qualitative data. Again, with anecdotal stories and qualitative research, we will describe what the impact has been on the larger Veteran Community and describe how our involvement in this project has expanded the consciousness of all involved.

Amy Frost, MBA/MA Spiritual Psychology, Member ACEP Humanitarian Committee. Amy is Program Facilitator for the Veterans Transition Resource Center www.VeteransTransitionResourceCenter.com. She worked for the Department of Defense for 21 years as a Contracting Officer. She was the National Training Director Nonprofit Sector Foundation. Email: amy@amyfrost.com. 702-362-7239. Veterans Transition Resource Center 2550 Nature Park Drive, Suite 200, Las Vegas, NV 89084.

For More Information about this project you can also contact:

Suzanne Connolly, LCSW, MFT, LISAC is an ACEP Board Member and a TFT Board member. Suzanne has participated in three published research studies in Rwanda. smc@suzanneconnolly.com, www.suzanneconnollyworkshops, 928-282-2627, 70 Payne Place Suite 6, Sedona, AZ 86336.

Kristin Miller, Ph.D., California Licensed Psychologist, DCEP, ACEP Humanitarian Committee, Humanitarian Relief TFT Trainer krisjohnmill@gmail, 530-243-2301, 1356 Olive Ave., Redding, CA 96001.

EVALUATION

1. Which two qualities facilitate the expansion of one’s consciousness?
   A. Kindness and sympathy
   B. Gratitude and perseverance
   C. Compassion and wisdom

2. Heart connection and compassion are two ways service can be an integral part of the evolution of consciousness. (T) (F)

3. Prisoners, refugees and survivor groups are three populations that have been positively affected by humanitarian projects in spite of having a very limited budget. (T) (F)

4. Which of the following is not part of a path to the evolution of one’s consciousness through humanitarian work?
   A. Participating in grand humanitarian projects
   B. Participating in small humanitarian projects
   C. Donating $100 to your favorite charity
   D. The proverbial “Helping an old lady cross the street”

5. Which of these is not a humanitarian project that contributed to the evolution of one’s consciousness and the evolution of the healing process?
   A. Teaching street children in Rwanda
   B. Teaching victims of torture in Chad
   C. Teaching teenagers in India
   D. Teaching victims of hurricane Isela in central Rwanda
BIBLIOGRAPHY

Books:
Dalai Lama (1999): *Compassion in Action*, Hay House audio books

Research Journals:

Other:

HUMANITARIAN RESOURCES

- Join the ACEP Humanitarian Committee by emailing us at humanitariancomttee@yahoo.com

- ACEP Website: [www.energypsych.org](http://www.energypsych.org) webpages:
  ACEP Humanitarian Committee
  This team supports you in building humanitarian projects that you can administer in your community.
  Resources for Resilience
  This team is building self-help resources and trainings on the web that can be used after natural disaster or violence in your community.

- Join the Thought Field Therapy Trauma Relief Foundation at [https://tfttraumarelief.com/](https://tfttraumarelief.com/)

- Join The Peaceful Heart team at [www.peacefulheart.se](http://www.peacefulheart.se) Donate and share in their wonderful resources and service to multinational communities.
  Tapping somebody: [https://www.youtube.com/watch?v=fV6-dSX8VyA](https://www.youtube.com/watch?v=fV6-dSX8VyA)
  Tapping song "Two Fingers": [https://www.youtube.com/watch?v=Sl0AkZfRGNE](https://www.youtube.com/watch?v=Sl0AkZfRGNE)
  Cartoon of self-tapping for refugees: [https://vimeo.com/142566005](https://vimeo.com/142566005)
Sierra Leone Song: https://www.youtube.com/watch?v=lEti2qNbxaA

Presenter: B. Raven Lee, PhD, LCSW, DCEP, www.integrativewisdompath.com, drravenlee@gmail.com

THE HEART WISDOM OF A HUMANITARIAN

10:35-10:40: Introduction

10:40-10:50: Definition of Humanitarian, Compassion and Wisdom.


10:55-11:00: Meditation on heart wisdom

11:00-11:05: Compassionate wisdom in action.

The purpose of this presentation is to explore what it means to be a humanitarian. We will be discovering the subtle yet powerful energy of the humanitarian within us all. We will explore simple ways of being a humanitarian that can have profound effect that is far reaching.

DEFINITION:

According to Cambridge dictionary: A humanitarian is someone who is “involved in or connected with improving people's lives and reducing suffering.”

Within each of us is an inner wellspring of a genuine desire to be of help. When we connect to this intention to be of service, we naturally feel a heart connection and compassion.

COMPASSION AND WISDOM:

Compassion or Karuna in Sanskrit, means “to suffer together”. Compassion is an innate human quality that can be cultivated and mastered regardless of religious affiliation or spiritual practice. It is a genuine desire to alleviate other’s suffering.

Like a loving mother toward her sick child, compassion is a spontaneous, non-judgmental attitude, which is comprised of three important aspects:

1. Compassion is an empathic response to the suffering of others.
2. Accompanied by an intention to alleviate the suffering.
3. The third aspect of compassion takes us deeper into the wisdom that speaks of equality and humility. Compassion does not mean feeling sorry or pity for someone else, which carries a sense of superiority.
WISDOM AND COMPASSION:
True compassion arises from the wisdom of realizing all beings are interconnected and interdependent. This realization dissolves the illusion of separation and hierarchy. Compassion gives rise to spontaneous, non-judgmental response to suffering. This response lies not in finding solutions, but holds the intention to relieve suffering, allowing us to do what is right, not only for others, but also for ourselves.

Compassion and wisdom together allow us to take flight, keeping us aloft when we might otherwise feel unbalanced or exhausted. Having two wings save us from drowning in our need to be helpful, swept under by the sheer force of another’s pain.

With the proper attitude, intention and wisdom, compassion spontaneously results in rightful action. It ignites in us the courage to do the right thing, even when the right action is difficult or dangerous.

This heart wisdom connection of a humanitarian has the power to expand our consciousness and deepen our healing capabilities.

THE SCIENCE OF COMPASSION AND HEART INTELLIGENCE
Scientists have started to map the biological basis of compassion, suggesting its deep evolutionary purpose.

When compassion is generated:

1. Regions of the brain that are linked to empathy, caregiving and feelings of pleasure light up, activating the genuine desire to approach and care for other people.
2. Our body secretes the “bonding hormone” oxytocin, promoting connection.
3. The heart plays a central role in our cellular communication system.
4. The heart transmits electromagnetic energy (EMF), which extends 12-15 feet beyond the body.
5. Compare to the brain, the heart's energy field is 60 times larger and 5000 times more powerful, making the heart most powerful generator of EMF in our body, and promote resonance with our environment.
6. The heart produces its own hormone (ANF), that regulates our thoughts and emotions.
7. Positive emotion of compassion regulates our heart rate, creates smooth, coherent waves, which promote sense of well-being.
8. Half of the heart cells are neural cells, which enables the heart to remember, learn, and make decisions.
9. Heart and brain share glial cells, the cells that bind our neurons together and are sensitive to EMFs, forming a powerful communication network that allows synchronizing our brain with our heart.
10. When our compassionate hearts synchronize with our brains, the brain waves can also synchronize with that of another person, forming a powerful energy field of coherence and resonance.

Therefore, when we connect to the humanitarian within, we naturally experience a universal consciousness, and interconnectedness.

The healing presence of a compassionate humanitarian:

1. Compassionate wisdom expands our consciousness.
2. It enhances healing presence.
3. Promotes a greater resonance and healing connection between individuals, communities and nations.
4. Our heart resonance generates a subtle energy field that can promote calmness around us.
5. Even without engaging in a project, each moment can become a healing connection.
6. The call to be involved in communities or globally will spring forth from the heart wisdom of a true humanitarian.
7. Service then becomes a spontaneous altruistic action in our daily life.