

# Youth as Spiritual Activists for Social Change

by Dr. Nina Meyerhof, president of Children of the Earth

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Spirituality is key to transcending political, dogmatic, and religious boundaries.

It is vital to raise awareness that youth throughout this world are realizing — and are being called forth to reveal — that there is a global consciousness attempting to arise in the hearts and minds of humanity. This consciousness is what is being called the “spiritual revolution” or the evolution of humankind into full awareness. We are learning from science that we are interdependent and interconnected as one life. We are beginning to understand that peace can exist not only as a state of being, but also as the manifestation of a way of creating peace in our world. It is in our unity that we will be able to accept our diversity and finally find the means to live together here on Mother Earth.

Below are the guiding principles that Children of the Earth promotes in order to encourage the personal and world-changing transformation we all want:

- Trust your intuition.
- Demonstrate dignity and respect.
- Communicate with honesty and clarity.
- Assume the good intentions of others.
- Support shared leadership.
- Celebrate diversity.
- Be inspired to take risks.
- Allow decisions to emerge and embrace the process.
- Understand that the whole is greater than the parts.
- Strive for actions based on selflessness and love.
- Support sustainability, both personally and environmentally.
- Honor agreements and take ownership for outcomes.

Hear the call for UNITY as a child of the ONE life.

Our Code of Ethics derived from the indigenous peoples of the world.

These ethics are for us to live as just, compassionate, loving human beings. Ethical standards for human development derive from a great sense of wonder that we are all members of the same human family, connected in the web called spirit and sharing one Earth.

- LOVE — for the form, voice, thoughts and spirit of each person.
- RESPECT — for differences.
- HONESTY — of our feelings, thoughts and behaviors, to be transparent.
- TRUTH — in feelings and thoughts .
- COURAGE — to take a stand ,
- HUMILITY — to reflect inner peace .
- WISDOM — to be a seeker.

### **Programs of Children of the Earth**

Our programs consist of Social Action Chapters and Spirit Youth Hubs. Social Action Chapters are youth humanitarian projects conceived as a result of an inner transformation. Spirit Youth Hubs are groups of youth who meet to focus on spiritual explorations and intentions. Our goal is to support and link young people as a global family of humankind for a conscious and flourishing future.

Youth come to us from all corners of the world, recognizing and remembering hope — hope that we can live as a human family on our planet Earth and beyond. Youth tap into their inner life and reunite with their true spiritual nature, and this reflection leads to a sincere ethical life.

In this process of reaching within and experiencing one's nature, beyond self-esteem and basic needs and desires, they find the place within of uniqueness and solid character where personal identity connects to the universals of life. Once recognized, these universals are then bestowed upon one another as a given right with responsibility for a life of purpose and meaning. In the universal consciousness there are no differences of color, race, culture or national intent. The universals are simply that we all want to love and be loved, to be free of need and desire, to be true and empowered, and to live a life of meaning.

Spiritual Activism is a concept that originates from the understanding that youth have incredible energy, which may be channeled into potentially living a life of the Will to Good and for positive social change. This understanding is based on seeking inner peace and a connectivity to the consciousness available to us all, that youth can and will activate their

calling for a life of meaning reflected through daily actions and service for the greater good. This the Children of the Earth's model.

### **1st Step: Inner Quest for the Authentic Self**

As one goes more deeply into the self, the understanding grows that one is not defined by one's surroundings of parents, culture and religion. Rather, inside dwells a loving human being, seeking full expression.

### **2nd Step: Deep Compassion for the Other**

Next we become conscious of how we can best express ourselves in the world for the highest good. Transforming conflict, using language that recognizes the other, appreciating without judging can occur when one no longer judges oneself. A sense of union occurs that can be called love or spirituality in action. We begin to act as part of a whole, building "Oneness" rather than asserting the separate ego. A sense of union occurs that can be called love or spirituality in action.

### **3rd Step: Interconnectedness for Global Unity**

The third process is based on the recognition that there is a global community of young people who await connectivity with you. All are the new leaders of this evolving consciousness for social change. They share a growing awareness of how to live as stewards of all life. From this new consciousness, there will be new models of how to live in our world and more importantly, there will be a secure human future.

### **Conclusion:**

We dedicate our work to the building of a better future. Our programs are to support young people with the empowerment and leadership skills necessary to advance peace in the world. Together we build networks of cooperation, multicultural understanding, spiritual values, and ethical living skills.

Dr. Nina Meyerhof, president and founder of Children of the Earth, has made a life of advocating for children and youth. She has received many awards for her work, including The Mother Theresa Award, the Citizens Department of Peace Award, and The International Educators Award for Peace to the Vermont State Resolution as Peacemaker. Nina continues to focus daily on altering world views for creating a better future.

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