



Altruism, Loving Kindness & Ethical Leadership

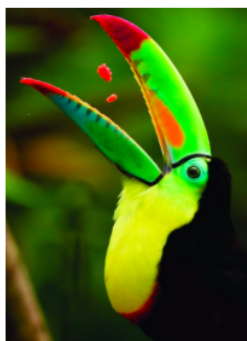
Retreat in Costa Rica... March 4-11, 2018

*A visit to the wellspring of humanity
to empower groundbreaking interactive initiatives*



Altruistic intentions, loving and kind interactions, ethical leaders and organizations are the touchstones of creating and renewing the world. Each person is important, each voice is heard. You are invited to participate in this experience. We are the new community and our efforts matter for healing and wellbeing for our planet and all life that depends on it.

We are seeking to build a creative foundation that will live on and thrive past this 7 day event as well as lead to other groundbreaking global renewal initiatives.



"To live is to be useful to others." Seneca

Altruism is the unselfish concern for others (before oneself or equally to oneself), without regrets, remorse or expectation of reimbursement, recognition or reward.

An altruistic life is one of devotion to others, to community and to the survival of our planet. Crossing interfaith boundaries, we will dialogue on altruism, reflect upon its meaning in different cultures and visualize how altruism becomes a reality with the potential to transmit the energy of universal benevolence.

Loving kindness is a gesture. It can be a word or words, a look, an action, a thought or feeling. Very simply, loving kindness springs from the experience of unity, of oneness. It is the oneness of the heart.

This part of the retreat offers an opportunity to utilize one's own spiritual values and capabilities in real and meaningful ways, producing new insights and powerful effects within our inner and outer environment. Instead of focusing on outer conditions we can apply loving kindness to address the inner state of being that lies behind external circumstances. We will learn to direct loving kindness into the cause of suffering and build upon a new foundation as we create changes within old patterns, conditions and situations. We can then apply these skills to address dissatisfaction in our own life, in those around us and potentially support the growing global momentum for goodwill and right human relations throughout the world.



Ethical Leadership is a conscious choice and heartfelt way of being that begins within each one of us, bridging the unnatural separations we witness to more value-based interactions in our world. It reminds us to rediscover our moral compass and to navigate beyond the “victim/perpetrator” models toward courageous approaches that evoke greater internal congruency, honesty, integrity, trust, and that honors the dignity and rights of all beings.

During the retreat, the ethical leadership component will evoke a deeper connection to our moral compass. We will explore how our actions and ways of being speak much louder than our words, inspiring the question, "How do we walk our deeper talk?" There will be several opportunities to try-on innovative techniques to develop greater internal coherence within our lives and the ways in which we lead — ourselves, our families, our communities, our countries and beyond. With open-minded curiosity, we will also explore heart-centered decision making processes and collaborations that integrate logic and intuition and are intended to create greater clarity and ease while addressing the challenges we face personally, professionally and globally.

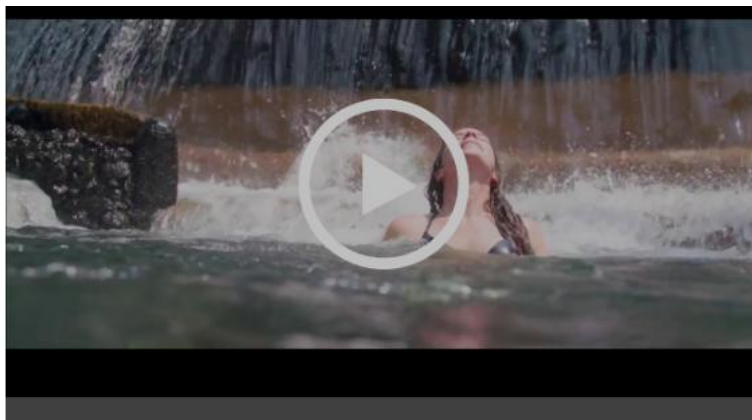
*"If compassion without wisdom is blind,
compassion without action is hypocritical."*

14th Dalai Lama

[Read about our facilitators](#)

WHY COSTA RICA?

Known as the heart center of the Americas and the "happiest country in the world", Costa Rica embraces a confluence of energies. For example, it was a significant point of contact for pre-columbian peoples from Central and South America. An amazing 27% of its national territory is allocated to protected areas such as national parks and biological reserves. The Costa Rican people are known for their friendliness and hospitality, and no wonder, they live in a mature democracy, without a military and with a deep respect for human rights. Actually, Costa Rica has been the seat of the Inter-American Court of Human Rights since its creation in 1978. Among the other aspects, it is also the home of 17 original labyrinths, innovative versions of yoga and 52 universities. These may be visited via pre and post retreat excursions.



OBJECTIVES

- Bring together a global, diverse group of altruism leaders for exchange, sharing, renewal and inspiration.
- Develop and refine an altruism learning methodology based on the life's work of participants and those thought leaders who have influenced our thinking.
- Build a creative foundation that will live past this 7-day event and lead to other groundbreaking global renewal initiatives, such as a movement through community engagement focused on increasing altruism, loving kindness and ethical leadership, simultaneously stimulating sacred activism.
- With the inclusion of scholarships and internships, provide an inter-generational opportunity for people from other countries and cultures to learn and contribute to this retreat.
- The schedule of immersive activities has been structured to allow for dynamic flexibility, based upon the number of participants, the experiences and issues they bring, and creative responses to the 3

major areas of focus: Altruism, Loving Kindness and Ethical Leadership. By establishing a safe environment, we explore for ourselves an exchange of personal and global experiences. We will process dialogue and other valuable tools that participants can take home and concretely implement individually, in families, at work, in communities and beyond.

- In-country travel experiences to offer participants the interactive nature of Costa Rica, its people, various projects and their attention to effective altruism and ethical leadership.

ACCOMMODATIONS / LOGISTICS / COSTS



We will be staying at the Pastoral House of Maria Ines T. Arias Clarissa sisters located in Moravia, a suburb of San Jose. Accommodations are clean and comfortable. Each room has 2 single beds and private bathroom. You may be asked to share a room if you are travelling alone. Most meals will be cooked and served by the sisters. All meals will be delicious vegetarian cuisine and also low in sugar and fat. The merienda, a morning and afternoon snack, will also be provided. If you have any special meal requirements, please let us know in advance.

There are plenty of green areas, places for outdoor and indoor meditation, a chapel, auditorium, meeting and breakout rooms.

From the time you arrive at the Pastoral House on Sunday, March 4th, until you leave us on Sunday, March 11th, all of your transportation needs will be provided as part of the retreat package. Please note that the 2 field trips are also included. If you are planning to take one of the excursions, a separate flyer is being sent out for these. If you have any special mobility requirements, please let us know in advance.

The retreat package costs US \$1,500. per person. This includes food and lodging, in-country travel, 2 field trips, registration and learning materials.

FIELD DAYS



An awesome day is planned in the rural area of Turrubares where we will go into 2 new eco-systems: dry forest and cloud forest, visiting a mango farm first, then driving up into high mountain coffee production, interacting with community leaders on altruism, cooling off in a refreshing river and watching a true Costa Rican sunset from a special place. If we are lucky, the mangoes will just be ripening in time to enjoy! Don't forget your bathing suit, sunscreen and hat. Take a sweater or jacket for the cooler parts of this day. If you are a birdwatcher, bring your binoculars. If you are a coffee-lover, be prepared for a unique surprise. And if you just love new experiences, bring an open heart and an open mind.





A visit to the Irazu Volcano is planned toward the end of the retreat. This half-day field trip will feature panoramic views, an interactive energetic exercise at the lip of the volcano and a special lunch on the way home.

PERSONAL CONSIDERATIONS

Who should attend

Leaders in altruism, loving kindness and ethical action.
Educators. Spiritual guides. Writers. Pastoral counselors.
Mental and spiritual health professionals.
Practitioners of contemplative arts.

Languages

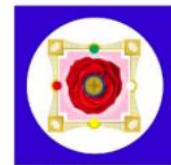
The retreat will be held in English.
However, Spanish is the official language of Costa Rica.

Personal statement

Please share with us, in 50 words or less, why you would like to come and what you hope to contribute.

[Early Reservations](#)

Sponsors



Loving Kindness in Action

LEAD BY WISDOM

Our mailing address is:
altruism2018retreat@gmail.com

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).