

INITIATIVE ON HUMAN DEVELOPMENT IN THE AGE OF ARTIFICIAL INTELLIGENCE

— *Carrying Forward Eastern Wisdom, Rebuilding
the Humanistic Spirit*

An Invitation for Global Dialogue and Collective Action

This initiative presents deep reflections and calls for action. It is not an invitation to join any organization or tradition but an open call for global dialogue. We welcome voices from diverse fields, including religion, science, education, the arts, and public policy, to jointly examine humanity's future in the age of AI. We hope this initiative serves as a starting point for cross-cultural exchange and collaborative inquiry, rather than a one-way transmission of values.

Preface: The Dilemma of the Era and the Awakening of Humanity

We live in an age of unprecedented material prosperity and deepening spiritual loss. Technological and economic progress has not brought corresponding happiness or peace; instead, it has bred individual anxiety, social alienation, ecological crises, and confusion about the meaning of life.

Driven by materialism, modern civilization has treated people as tools rather than human beings, viewed nature as an object of conquest, and reduced life to a mere cycle of production and consumption. Lost in the pursuit of possessions, we have forgotten that the true essence of life lies in who we become.

Human development should not rest solely on external expansion and possession, but more importantly arise from inner awakening and refinement. We firmly believe that the profound insights embodied in Eastern wisdom offer vital inspiration and practical pathways for rebuilding human civilization and guiding global sustainable development. These insights include the humanistic spirit, the unity of humanity and nature, the non-duality of mind and matter, as

well as the principles of selfless altruism and universal compassion.

I. Returning to Humanism: From Materialism to Life-Centeredness

The focus of human development should shift from accumulating material wealth to cultivating character and achieving inner awakening. Humans are not tools—seeking the essence of life is the purpose. The value of life lies not in what we possess, but in who we become.

We propose the following:

- Establishing an education system centered on cultivating sound character and achieving inner awakening;
- Advancing a shift in social evaluation from wealth accumulation to quality of life;
- Promoting life education that nurtures individuals to be virtuous rather than merely useful, and cultivating ethical, wise, and compassionate global citizens.

II. Rebuilding the Humanistic Spirit: Laying the Foundation of Reason, Dignity, Value, and Freedom

When the treasures of civilization—reason, dignity, value, and freedom—become bound by materialism, their essence is lost. We must return to the foundation of our humanity and rebuild an unshakable spiritual core through Eastern wisdom.

We advocate the following:

- Elevating Reason: from a tool for material pursuit to wisdom for seeking truth;
- Awakening Dignity: from social labels to an intrinsic quality rooted in character;
- Redefining Value: from a bargaining chip in market transactions to an embodiment of character refinement and compassionate altruism;
- Transcending Freedom: from a socially granted right to a state of inner freedom.

III. Awakening the Human Heart in a World of Algorithms

As code weaves the fabric of the world and data sketches the contours of life, we need more than ever to listen to the silent voice within. Artificial intelligence can imitate almost everything, yet it can never replace an awakened, compassionate, and liberated heart. The depth of life lies not in the flux of data, but in present-moment awareness; the radiance of humanity lies not at the peak of computing power, but in selfless compassion.

We advocate the following:

- Guarding Mindfulness: Anchored in awareness, maintaining clarity and freedom amid the flood of information;
- Cultivating Values beyond Technology: Cherishing and living the immeasurable qualities of life—trust, compassion, and aesthetic grace;
- Reflecting the Self through AI: Recognizing the strengths and limits of technology, and using it as a mirror to reveal

the inner wisdom that makes us uniquely human—a quality that AI lacks. Realizing that the true value of life lies not in outward pursuit, but in inner awakening.

IV. Mind-Body Healing: From Treating Symptoms to Healing at the Root

The global mental health crisis is not only a medical issue, but also a matter of culture and of life itself. We need an integrated mind-body-spirit approach, grounded in Eastern wisdom, to build a truly transformative healing system.

We propose the following:

- Promoting holistic mind-body wellness practices, including mindfulness, Baduanjin exercise, Tai Chi Mindfulness Ball, and traditional Chinese medicine health preservation;
- Establishing *awareness-balance-settling* as the core model for mind-body well-being;

- Fostering a culture of mindful peace and establishing emotional support mechanisms in families, communities, schools, and workplaces.

V. Chan-Inspired Living: From Consumerism to the Aesthetics of Life

Unsustainable lifestyles arise from an inner sense of lack and blind pursuit of the external. By adopting Chan-inspired living as the paradigm, we can rebuild a lifestyle that is simple, eco-friendly, and rich in spiritual meaning.

We advocate the following:

- Promoting low-carbon lifestyles such as Dhyana Tea, Dhyana Vegan Experience, Mindful Organizing, and the practice of Danshari;
- Encouraging a life aesthetics of “less is more,” finding abundance in simplicity and freedom in moderation;
- Creating life spaces that settle the body and mind through

programs such as Mindful Tea Ceremony, Chan-inspired Spaces, and Mindful Peace Yard.

VI. Life Care: From Avoiding Death to Holistic End-of-Life Support

We should not ignore or fear the end of life, but face and embrace it with wisdom. We need to build a holistic care system that supports every stage—from health cultivation and elder care to dignified end-of-life care.

We propose the following:

- Promoting life-and-death education to establish the right view of life and death;
- Developing community-based palliative care, spiritual companionship, and hospice services;
- Building an elder care model that integrates mind-body well-being, spiritual nourishment, and guidance through wisdom, ensuring that every life, from birth to life's end, is gently cared for with compassion.

VII. Ecological Ethics: From Conquering Nature to the Unity of Humanity and Nature

The root of the ecological crisis lies in the dualistic mindset that separates humanity from nature. We should restore harmony between the two through the Eastern ecological vision of non-duality and the unity of humanity and nature.

We advocate the following:

- Integrating environmental protection into a conscious way of life, rather than treating it as an external imposition;
- Promoting Chan-inspired eco-design, sustainable communities, and green living practices;
- Viewing nature as an extension of life, and cultivating genuine ecological ethics and a sense of shared community.

VIII. Global Peace: From External Agreements to Inner Peace

Peace is not merely the absence of war between nations, but also the inner peace of each individual and compassion for others. We should promote peace grounded in awareness, beginning with inner serenity and extending outward to build a harmonious world.

We advocate the following:

- Fostering dialogue and mutual understanding among civilizations through cross-cultural mindfulness practice;
- Promoting mindfulness meditation and compassion training worldwide;
- Taking inner peace as the starting point and foundation for world peace.

IX. Toward Togetherness: From the Isolated Self to a Shared Global Community

We realize that the root of many challenges in our time lies in a mindset of isolation and opposition—one that overemphasizes the independent “self” while neglecting the profound interconnection among all beings and things. True harmony and sustainable development require us to understand that individuals and the whole, humanity and nature, and different nations are intertwined as a shared community of destiny.

We advocate the following:

- **Cultivating Holistic Thinking:** In education and decision-making, guide people to see the broad connections and mutual influence among all beings and things, and to understand that individual well-being is inseparable from collective prosperity;
- **Transcending Self-Centeredness:** Encourage a shift from narrow self-interest to a wider sense of shared care and responsibility for the community, nature, and the world;

- Exploring Synergistic Mechanisms: Amid globalization, promote a shift from zero-sum competition to value co-creation, and seek, through respect for diversity, a sustainable development path grounded in shared well-being.

Envisioning the Future: Co-Creation through Reflection

We deeply believe that the hope for humanity's future lies not in constantly seeking outward, but in returning to our true mind—illuminating our inner light and awakening our inherent wisdom and compassion. Let us, through the clear insight of no-self, perceive the oneness of all things; and through the practice of altruism, realize the deepest perfection of life.

Mindful Peace International hereby calls upon the global community to join hands in bringing Eastern wisdom into modern life, sharing it with the world, and building a human civilization where outer prosperity and inner peace coexist.

The following are examples only, not requirements for joining or affiliating with any organization. We simply encourage individuals from all fields to participate in dialogue and collaboration in ways that align with your own cultural, academic, or professional backgrounds.

Share Dialogue: Bring the themes of this initiative into your communities, institutions, or interdisciplinary discussions, and exchange perspectives with others.

Explore within Your Own Context: Draw inspiration from your own cultural, academic, or scientific traditions, engaging in independent or collaborative exploration.

Contribute Your Insights: Share your research, practical experience, and wisdom with global partners, enriching the diverse perspectives and pathways of this shared vision.

May we transform from *having* to *being*, from delusion to awakening, from division to togetherness.

May we share one aspiration, walk the same path, and grow together.

May the flowers of awakening bloom across the world.

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