

Spiritual Civilization Community Meeting Report

October 2022



Highlights

Welcome and Check-In

Members of the Spiritual Civilization Collaborative Community gathered virtually where space was created for peer learning and exchange. Jose Casas guided members through a visualization exercise tapping into “awareness, congruency and service.”

The meeting began with a welcome from Melissa Durda, who after outlining the agenda of the meeting, opened the room for check-ins. Members were requested to introduce themselves, say where they were calling from and how they were feeling.

The community was then updated about the Spiritual Civilization gathering that took place in September in Mexico. The evening gathering and dinner convened 25 philanthropists and social entrepreneurs interested to explore Spiritual Civilization. It was hosted at Synergos board member Mayra Hernández González’s house in Mexico City. [A full report of the gathering is available online here.](#)

Group Practice

Celina Palomera from Synergos Mexico office introduced Jose Casas. Jose is a psychedelic therapist and founder of Reborn, a platform to accompany people in transformation. Jose's first novel will be published shortly.

Jose Casas led the group through a visualization practice focused on allowing conflicts to arise to consciousness and acknowledgement of the same. He concluded the practice and invited the group to share what came up for them during the exercise.

Highlights

Member Sharing and Updates

Participants were divided into small breakout groups to share updates about their work and life with fellow members. Melissa then invited Peggy Dulany and Jeff Walker to provide updates on something that they deeply cared about.

- **Peggy Dulany Update:** Peggy spoke about Synergos and its future plans. She mentioned that the organization is in the midst of a leadership change and elaborated on how the bridging leadership model will now serve as its north star. Peggy informed the group that they intend to expand the Global Philanthropists Circle along with reengaging the civil society networks that Synergos had established. Thus ensuring philanthropists collaborate with grassroots leaders in areas of mutual interest using the bridging leadership methodology for greater impact.
- **Jeff Walker Update:** Jeff highlighted several projects he is working on and is passionate about. As Chair of the Contemplative Sciences Centre at University of Virginia, he is involved in developing tools for kids including meditation, yoga and using technology in a more productive way. He shared how they are bringing multiple schools together to focus on this work. Jeff also talked about the settlement healing energy project and how they are also working on scientific applications of psychedelics and their therapeutic aspects. He then highlighted that at New Profit, of which he is Chair, they are focused on social emotional learning models in mental health, particularly in school systems and elaborated on some of their peer-peer connecting models. He also mentioned that with the help of Synergos and other organizations he is involved in creating a podcast on how to find catalytic agents that help unify different stakeholders around a common issue.

Resources Shared

The following resources were shared by members during the meeting:

What Makes Me Report

Contact: Daniel Kropf (dkropf@dkropf.com)

- [What Makes Me? Core Capacities for Living and Learning](#)

Resources shared by Jeff Walker

Contact: Jeff Walker (walkerjcl@gmail.com)

- [TED Talk by Dan Harris](#)
- [Contemplative Sciences Center](#)
- [Compassionate Schools Project](#)
- [The Psychedelic Science Funders Collaborative \(PSFC\)](#)
- [Multidisciplinary Association for Psychedelic Studies \(MAPS\)](#)
- [BrainFutures](#)
- [Bridge Builders Collaborative \(BBC\)](#)
- [New Profit](#)
- [Giving Tuesday](#)
- [Community Health Acceleration Partnership](#)
- [Leadership Now Project](#)

These are also available on the discussion board on the online platform.

Members are welcome and encouraged to post any additional announcements or resources they would like to share with the community there.

Contact:



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www.synergos.org/our-work/spiritual-civilization



www.instagram.com/synergos_soul/



www.synergos.org/podcast