

Spiritual Civilization Mexico Gathering

Mexico City, Mexico • 12 September 2022



Highlights

The Spiritual Civilization collaborative community explores the intersection of philanthropy, contemplative practices, self-reflection and spirituality.

This evening gathering convened 25 philanthropists and social entrepreneurs interested to explore Spiritual Civilization – how leaders are bringing inner work to outer action and the impact this creates for change. It was hosted at Synergos board member Mayra Hernández González's house in Mexico City, who in her opening remarks shared the giving and receiving she has experienced over the years as a member of Synergos.

Surrounded by crystals from Instituto Xilonen, Lisa Miller, PhD, Author, presented the research and findings from her book *The Awakened Brain*.

This was followed by a group discussion on the importance of inner work, mental health, neuroscience and healing tools.

Jose Casas then led the participants through a traditional indigenous ceremony with an ancestral Mexican medicine - cacao - accompanied by a session of healing music.

The gathering ended with dinner and cocktails where participants had the opportunity to share and talk about their experience with each other.







If you would like to learn more, share with the group, or get further involved, please do not hesitate to reach out to Melissa Durda at mdurda@synergos.org