



UNIVERSAL HUMAN VALUES PROJECT

The Project and its goals

The Universal Human Values Project has the goal of identifying universal values and to promote them through education and trainings. The Project is mainly addressing teachers, social workers, counsellors and therapists, basically all those categories that are directly involved in education. We have the purpose of identifying and promoting universally accepted human values to be implemented in our daily activities and relationships. In this way, we want to offer a universally acceptable and lay alternative to opposite extreme sets of values ruling in contemporary culture, with very disrupting consequences. At present, on the one side we have values apparently directed only to promote competition, individualism and money, and on the other side, dogmatic and intolerant ideologies mainly aimed at destroying the mainstream. We all belong to mankind, we have the same physiology and we feel the same feelings, looking for happiness and trying to avoid pain and suffering. We can surely identify universal basic values to be integrated in our daily life, becoming ambassadors of healthier and more joyful relationships in family, friendship, love, professional life, therapy and schools.

About Universal Human Values

We believe there are universal and permanent values that are independent from time, culture, religion. They emphasize love, peace, non-violence, truth and appropriate action. Each one of this values opens up in a multitude of related values, such as tolerance, respect for differences, compassion, responsibility, honesty, among others. In a multicultural society in which our attention is often more focused on differences, learning to find a common ground for a peaceful coexistence is an important step towards mutual understanding and a better quality of life.

Who can join the Project

The Universal Human Values Project was originally created as a support to teachers and educators, as a tool to help understand the formation process of values in human beings and in human relationships. The goal is to find a more effective alternative to the construction of a new reality, in which violence, fear and lack of respect will not prevail. The work is useful also for personal growth, for those in need of reconsidering their own values, undertake an inner transformation and make a real positive difference in the world.

Who we are

The Universal Human Values Project was born in São Paulo, Brazil, thanks to Dr. Raissa Cavalcanti, Jungian psychologist and author of many books, who translated in a lay and universal language different teachings she received from spiritual masters in India. For the first time, this project is taken outside Brazil, where it is obtaining excellent results in schools of any age. Italy is the first country chosen to promote this approach internationally.

Our approach

The Universal Human Values approach is scientific, being based on developmental psychology, on the evolution of human thought, using also meditation and visualization techniques.

THE PROJECT HAS NO POLITICAL, RELIGIOUS OR IDEOLOGICAL ORIENTATION.

The proposal

The proposed structure consists of 8/10 meetings of a couple of hours each, in which we introduce the concepts, read some texts, give a very introductive explanation of the history of psychological development of mankind, before approaching the core of the Project, which is the practical part. We will have exercises and practices, sharing and discussing experiences, with the aim of getting to know ourselves and the others better and acknowledge our deep essential needs often dramatically different from the induced and conditioned desires of Ego.

On these basis, we can start sharing what we feel is important in our life projects, moving from a deeper and more grounded space inside our Essence. We can learn to see the world also with the eyes of the "other" and acknowledge other realities. From an enlarged and more grounded perspective, we will discuss and practice the existence of Universal Human Values to learn how to implement them concretely in our life and relationships.

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