

DOWNLOAD PDF HOPE IN EUROPE : BECOMING MORE HUMAN JEAN VANIER

Chapter 1 : Jean Vanier Quotes (Author of Becoming Human)

Jean Vanier is the founder of the Arche communities. He turned 90 this week. He turned 90 this week. And on the occasion of the Sept. 10 milestone he decided to share a video message in English that proposes "ten rules of life to become more human."

He lives full-time in the original community in Trosly-Breuil, France. Transcript August 22, MS. The Canadian philosopher Jean Vanier is one of the wise men in our world today. These have become places of pilgrimage, transformative for those involved - and for the world around them. It has become human. And I think that this is what people with disabilities are teaching us. I sat with him in Maryland in , while he was leading a retreat for college students. Jean Vanier was a professor of philosophy at St. He had done his doctoral work on happiness in the ethics of Aristotle. At Christmas time that year, he went to visit a friend in France who was working as a chaplain for men with mental handicaps. He was especially moved by a vast asylum south of Paris in which all day, 80 adult men did nothing but walk around in circles and take a two-hour compulsory nap. He bought a small house nearby and invited two men from that asylum to share life with him. This was not a linear career move. Jean Vanier had entered the British Royal Naval College as a teenager and commanded an aircraft carrier in his 20s. When he left the military, he spent a year in a contemplative community in a poor area near Paris. That community near Paris had been founded by a French Dominican priest, and he was very, very deeply a man of God. I think I had a very open intelligence, you know? I mean, I was geared for the military. But here was somebody who opened up new visions, new vistas. I remember once following his courses "and he was so up in it " and he was saying, he was talking about something metaphysic. And he said, "You know, take a very concrete example, the angels, for example. So he was a metaphysician. He was a thinker. He was really a man of God. And he was the one who encouraged me to do studies and encouraged me particularly to work on Aristotle. And the big thing with Aristotle is the primacy of experience over idea. And you said, "An ethics of desire is good news for us at a time when we have become allergic to an ethics of law. Yes, you see, the heart of everything with Aristotle, desire and pleasure. And for Aristotle, pleasure is not, you know, something which is just sort of fooling around. Pleasure is when you have an activity, which you have performed well, be it philosophizing or struggling for justice.

DOWNLOAD PDF HOPE IN EUROPE : BECOMING MORE HUMAN JEAN VANIER

Chapter 2 : 32 Insightful Quotes By Jean Vanier On Love, Soul, Humanity, Pain And More

"Hope in Europe, becoming more human / Jean Vanier -- Growing up in Europe / Mary McAleese -- Christianity in Europe / Timothy Radcliffe -- Europe in solidarity / Bob Geldof -- Europe in the wider world / Lord Patten of Barnes -- The Church in Europe / Cardinal Cormac Murphy-O'Connor."@en.

Print My notes from the book: It can be a long and sometimes painful process. It involves a growth to freedom, an opening up of our hearts to others, no longer hiding behind masks or behind the walls of fear and prejudice. There are two directions that loneliness can take us. It is in the group that we discover what we have in common. It is as individuals that we discover a personal relationship with God. To reveal â€” We must reveal the inner beauty of others by giving them time, attention, and tenderness. To understand â€” To love is to truly understand why others behave the way they do. To communicate â€” Communication is at the heart of love. To name something is to bring it out of chaos, out of confusion, and to render it understandable. To celebrate â€” To love people is also to celebrate life with them and manifest their joy of being with them through laughter and play. Every child, every person, needs to know that they are a source of joy. To empower â€” To love means to empower others to do things for themselves and discover the meaning of their lives. To be in communion â€” To love means to be mutually vulnerable and open to each other in the security and insecurity of trust. Communion of hearts is a beautiful but also a dangerous thing. To forgive â€” Vanier considers this the most crucial aspect of love. Belonging Belonging is essential to becoming human. Belonging is the place where we grow to maturity and discover what it means to be human and to act in a human way. Each of us needs to belong, not just to one person but to a family, friends, a group, and a culture. It is in belonging that people discover what it means to be human We all belong to a common, broken humanity. We all have wounded, vulnerable hearts. Weakness is at the heart of belonging Throughout our lives, we are prone to fatigue, sickness, and accidents. Weakness is at the heart of each one of us. To be human is to accept and love others just as they are. To be human is to be bonded together, each with our weaknesses and strengths, because we need each other. From Exclusion to Inclusion: A Path of Healing The path from exclusion to inclusion is a journey from fear to trust. We have all been wounded in our hearts and have lost trust in what is deepest in us. The heart The heart is the place where this transformation from fear into trust happens. The way of the heart is the path to healing our deepest affectivity and needs, through communion and the gift of self. We must be open and vulnerable to them in order to receive the life that they can offer; it is to become their friends. If we start to include the disadvantaged in our lives and enter into heartfelt relationships with them, they will change things in us. They will call us to be people of mutual trust, to take time to listen and be with each other. We can choose to take this path and to treat people as people and not just as machines. We can see the cook in a hotel simply as somebody who is paid to cook well or as a person with a heart, who has children, and who might be living painful relationships and is in need of understanding and kindness. We must be vulnerable with others. See their beauty and value. Challenge them if need be. Accept others just as they are. Believe that they can grow to greater beauty. It no longer judges or condemns. It is a heart of forgiveness. It sees God in others. It lets itself be led by them into uncharted land. People with disabilities paradoxically teach us what it truly means to be human. People with disabilities are people of the present moment. We must believe that each person is important, unique, sacred, in fact It is liberating, an act of freedom. It is a path to personal growth where one proclaims a new set of values. Freedom lies in discovering that the truth is not a set of fixed certitudes but a mystery we enter into, one step at a time. To learn that fear can be a good counselor Fear can make us reflect and change course in a quest for freedom. Becoming aware of our own limits and blockages. We must discover what is broken in ourselves, our religions, our families, our cultures. We must accept an inner poverty and uncertainty to find a new freedom. To look for wisdom that comes from unexpected events: This can lead us from a world of power and competition into a world of tenderness and compassion. Accompaniment â€” We need someone to stand beside us on the road to freedom,

DOWNLOAD PDF HOPE IN EUROPE : BECOMING MORE HUMAN JEAN VANIER

someone who loves us and understands our life, someone who can put a name on our inner pains and feelings and point towards the meaning of it all, to reveal what is most beautiful and valuable in us. Accompaniment is at the heart of all human growth. Role models – we need people who are witnesses to truth and love and have a clear vision to make the world a better place. They show us how to live in peace and unity amidst a world of chaos. To recognize that the road to freedom is also a struggle. The recognition that the liberation of the heart comes about when we live in communion with God who is Love. God ultimately reveals the uniqueness and preciousness of our being just as we are. Forgiveness is the process of removing barriers; it is the process by which we start to accept and to love those who have hurt us. We are imprisoned in our likes and dislikes. We categorize others and put up barriers. All of these various dislikes have one thing in common: To be truly liberated, we have to make an effort to communicate with those we dislike, to try to understand and accept them as they are, and to experience our mutual humanity. This is forgiveness. Forgiveness is to have hope for the oppressors, to believe in their humanity hidden under all their brokenness. It becomes reconciliation and a moment of communion of hearts if and when they seek forgiveness. An enemy is someone who stands in the way of our freedom, dignity, and capacity to grow and to love, someone whom we avoid or with whom we refuse to communicate. We may be different in race, culture, religion, and capacities, but we are all the same, with vulnerable hearts, the need to love and be loved, the need to grow, to develop our capacities, and to find our place in the world. We must lose our feelings of both superiority and inferiority. Unity is the ultimate treasure. It is the place where, in the garden of humanity, each one of us can grow, bear fruit, and give life. That is what we all yearn for. Refuse to seek revenge. Have a genuine, heartfelt hope that the oppressor be liberated. The desire to understand the oppressor: Recognition of our own darkness. We, too, have hurt people and perhaps have contributed to the hardness of the oppressors. It takes time for a victim to be freed from blockage and hatred; it takes time for an oppressor to evolve and to change. Forgiveness is a unilateral affair. Reconciliation is a bilateral affair. It is the completion of the forgiveness process, the coming together of the oppressed and the oppressor, each one accepting the other, each acknowledging their fears and hatreds, each accepting that the path of mutual love is the only way out of a world of conflict. To forgive is to break down the walls of hostility that separate us, and to bring each other out of the anguish of loneliness, fear, and chaos into communion and oneness.

DOWNLOAD PDF HOPE IN EUROPE : BECOMING MORE HUMAN JEAN VANIER

Chapter 3 : Becoming Human by Vivian Nguyen on Prezi

Becoming Human invites us into freedom from the tentacles of chaos and loneliness, and from those fears that provoke us to exclude and reject others. It is a freedom that opens us up and leads us to the discovery of our common humanity amid difference.

While some are able to find peace in isolation, so many others find only anxiety, depression, and a yearning for a deep emotional connection with another human being. Though longer work hours, more traffic, and the rise of social media have made loneliness more common than ever, loneliness does not have to condemn one to a life of debilitating isolation. The ten books on this list are the top self-help books for those with loneliness. They each offer different explanations as to what it means to be lonely, and vary even more in their approaches to conquering loneliness. But they are more alike than they are different. Each of these ten books are written by authors who know loneliness, whether personally or professionally. Even more importantly, these books have been proven successful. Of the hundreds of self-help books on the topic, these books were chosen as the top ten based on sales, bestseller rankings, and positive reader reviews on Amazon, Barnes and Noble, and Goodreads. *Becoming Human* Jean Vanier In *Becoming Human*, Jean Vanier proposes that great things can happen when we open ourselves up to outsiders and those we perceive as weak, different, or inferior. Not only can we start to solve the problem of our own loneliness, but we can create a powerful common good that positively impacts our communities, our relationships, and ourselves. *Finding, Keeping, and Sharing the Things Unseen* Mark Oestreicher Why do so many of us struggle to get up in the morning, let alone make it through the day, while so many others seem to be full of hope and happiness? *The Power of Now: But in reality*, *The Power of Now* is all about finding the key to happiness and living in the moment, both of which can be tough mountains to climb for the lonely. Through pearls of wisdom and plenty of true-to-life scenarios, Oprah-endorsed Tolle shows his readers how to live for the moment, then reap the benefits of such a lifestyle. Over the years, *The Power of Now* has been a consistent bestseller and a reader favorite on websites such as Amazon. *Liberate Yourself from Negative Emotions and Transform Your Life* Judith Orloff In *Emotional Freedom*, author Judith Orloff asks readers to consider what it would be like if life were peaceful rather than anxious, or filled with nurturing relationships and a warm sense of belonging. This kind of life, says Orloff, is one of emotional freedom. *Emotional Freedom* is a road map for those who want to turn away from the negativity inside their own minds. Through wisdom and anecdotes stemming from neuroscience, intuitive medicine, psychology, and subtle energy techniques, *Emotional Freedom* can help even the loneliest of people to liberate themselves from depression, anger, and fear. In *Stop Being Lonely*, Asatryan lays out a path of knowing and caring in order to obtain the feeling of closeness, and improve our relationships with romantic partners, friends, family members, co-workers, and ourselves. In *Positive Solitude*, psychologist Rae Andre offers an intelligent discourse as to why in recent years so many people have felt a loss of community, only to cling to desperate and only semi-fulfilling relationships. Unlike most books on loneliness, *Positive Solitude* acknowledges the idea that everyone is alone sometimes. Thus, Andre offers readers a practical guide and affirmation for those who need to find happiness, enjoyment, and self-fulfillment while alone. Only then, argues Andre, can one find true and lasting relationships. *Stories of Splendid Solitude* Lionel Fisher Lionel Fisher spent six years living alone on a remote beach in the Pacific Northwest â€” talk about loneliness. To complement his own stories, Fisher interviewed men and women from across the United States who have thrived in their isolation. *Celebrating Time Alone* is far different than most other books on this list; it is a how-to for overcoming the feeling of loneliness in solitude. *Never Be Lonely Again: The Way Out of Emptiness, Isolation, and a Life Unfulfilled* Pat Love and Jon Carlson Thanks to things like social media and longer working hours, it has become harder and harder to develop and maintain relationships. In *Never Be Lonely Again*, behavioral relationship experts Pat Love and Jon Carlson â€” both of whom have battled debilitating loneliness in the past â€” lay out an effective approach to maintaining friendships, being truly

DOWNLOAD PDF HOPE IN EUROPE : BECOMING MORE HUMAN JEAN VANIER

present for a partner, and reaching out to people when in need. Their bestselling how-to is based on years of research and study, and stems from psychology, personal experiences, and even a momentous meeting with the Dalai Lama. Being alone as a single woman does not, and should not, mean loneliness. Author Skip McDonald, herself a happily single woman, has written *And She Lived Happily Ever After*, the go-to guide for finding grace and fulfillment as an unmarried woman. To complement the good advice, McDonald offers plenty of personal anecdotes, words of wisdom, and the valuable insights of numerous other happily single women. For more helpful books about loneliness, head to [aboutgreatbooks](#).

Chapter 4 : Ten rules of life to become more human - CathNews NZ and Asia Pacific CathNews NZ and Asia Pacific

Becoming Human by Jean Vanier, Anashi Press Ltd: Toronto, ON Print. My notes from the book: Introduction. This book is essentially 5 talks that Jean Vanier gave on the CBC radio program Ideas, the Massey Lectures.

Chapter 5 : Becoming Human Quotes by Jean Vanier

Hope in Europe, becoming more human / Jean Vanier --Growing up in Europe / Mary McAleese --Christianity in Europe / Timothy Radcliffe --Europe in solidarity / Bob Geldof --Europe in the wider world / Lord Patten of Barnes --The Church in Europe / Cardinal Cormac Murphy-O'Connor.

Chapter 6 : Publications - L'Arche Canada

*Becoming Human Quotes can undo knots in us and permit life to flow again and aid us in becoming more truly human." -- Jean Vanier -- Jean Vanier, *Becoming*.*

Chapter 7 : TOP 25 QUOTES BY JEAN VANIER (of 97) | A-Z Quotes

"Jean Vanier is a very tall man; he must be almost 6'5". At his height, he can see the world around from above. But when he looks right at you, with his thoughtful smile, you might get the impression his height makes him uncomfortable.

Chapter 8 : 'Ten rules of life to become more human'- La Croix International

The Wisdom of Tenderness: Lived Compassion, L'Arche, and Becoming Human The philosopher and Catholic social innovator Jean Vanier is a teacher of the wisdom of tenderness. The L'Arche movement, which he founded, centers around people with mental disabilities and is celebrating its 50th anniversary this month.

Chapter 9 : Jean Vanier, Founder

Jean Vanier, the founder of L'Arche communities, turned 90 last week.. And on the occasion of the Sept. 10 milestone he decided to share a video message in English that proposes "ten rules of life to become more human."