

# The New Humanity: Key Life Lessons For The New Humanity

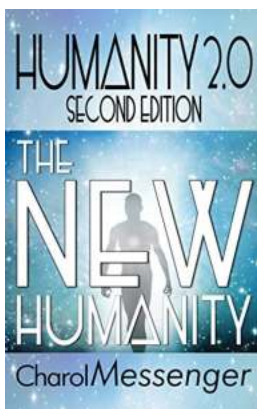
Are you ready to embrace the new era of humanity? As we continue to evolve, both individually and collectively, there are important life lessons that can guide us towards a better future. In this article, we will explore key insights and principles that can help shape the new humanity we aspire to become.

## **Lesson 1: Embracing Unity and Diversity**

In the world of the new humanity, unity and diversity go hand in hand. We recognize the inherent value in each individual and celebrate our unique perspectives, cultures, and backgrounds. By embracing diversity, we create a rich tapestry of ideas and experiences, fostering innovation and mutual understanding.

Diversity is not about how we differ.  
Diversity is about embracing one  
another's uniqueness.

- OLA JOSEPH



## HUMANITY 2.0: THE NEW HUMANITY (Key Life Lessons for The New Humanity)

by Charol Messenger (Kindle Edition)

★★★★★ 5 out of 5

Language : English

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Text-to-Speech : Enabled

Screen Reader : Supported

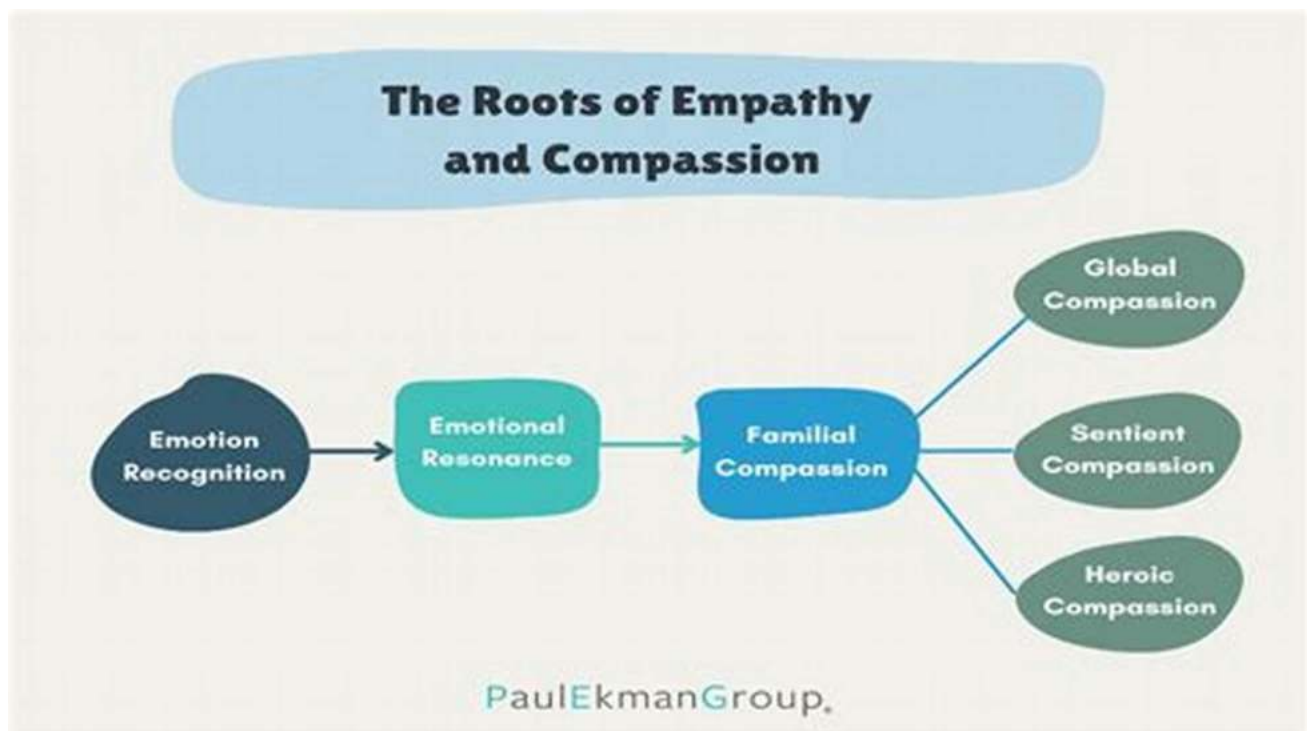
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## Lesson 2: Cultivating Empathy and Compassion

Empathy and compassion are the heartbeats of the new humanity. These qualities allow us to connect deeply with others, understanding their joys, challenges, and struggles. By cultivating empathy and compassion, we build bridges of trust, support, and love, creating a world where no one is left behind.



## Lesson 3: Embracing Change and Growth

Change is inevitable, and the new humanity embraces it with open arms. We understand that growth comes through embracing discomfort and stepping out of

our comfort zones. By welcoming change, we discover our unlimited potential and unleash our true selves.



**If we don't change,  
we don't grow.  
If we don't grow,  
we aren't really  
living**

**- Gail Sheehy**

HarvestingHappiness.com

#### **Lesson 4: Nurturing Mindfulness and Presence**

In this fast-paced world, the new humanity recognizes the power of mindfulness and presence. By cultivating a state of awareness, we deepen our connection

with ourselves and others. We become fully present, savoring each moment and nurturing our overall well-being.

# 10 Ways to Practice MINDFULNESS

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- JOURNAL**  
about what you are thinking and feeling in this moment, without judgement
- STRETCH OR DO YOGA**  
and notice the sensations in your body
- SAY A POSITIVE AFFIRMATION OR MANTRA**  
that is kind + compassionate
- LISTEN TO OR PLAY MUSIC**  
and really zoom into and feeling the sounds
- PRACTICE GRATITUDE**  
for the things you are thankful for
- JUST BREATHE**  
to return to the here and now
- DRAW, DOODLE OR COLOR**  
and focus on the process, not the end result
- EXPLORE NATURE**  
unplug, go outside and
- SIT WITH YOUR EMOTIONS**  
and remember they are like visitors just passing through
- FOCUS ON 3 THINGS**

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## Lesson 5: Creating a Sustainable Future

The new humanity understands the importance of living in harmony with nature. We take responsibility for our impact on the planet and strive to create a sustainable future. By adopting eco-friendly practices, reducing waste, and

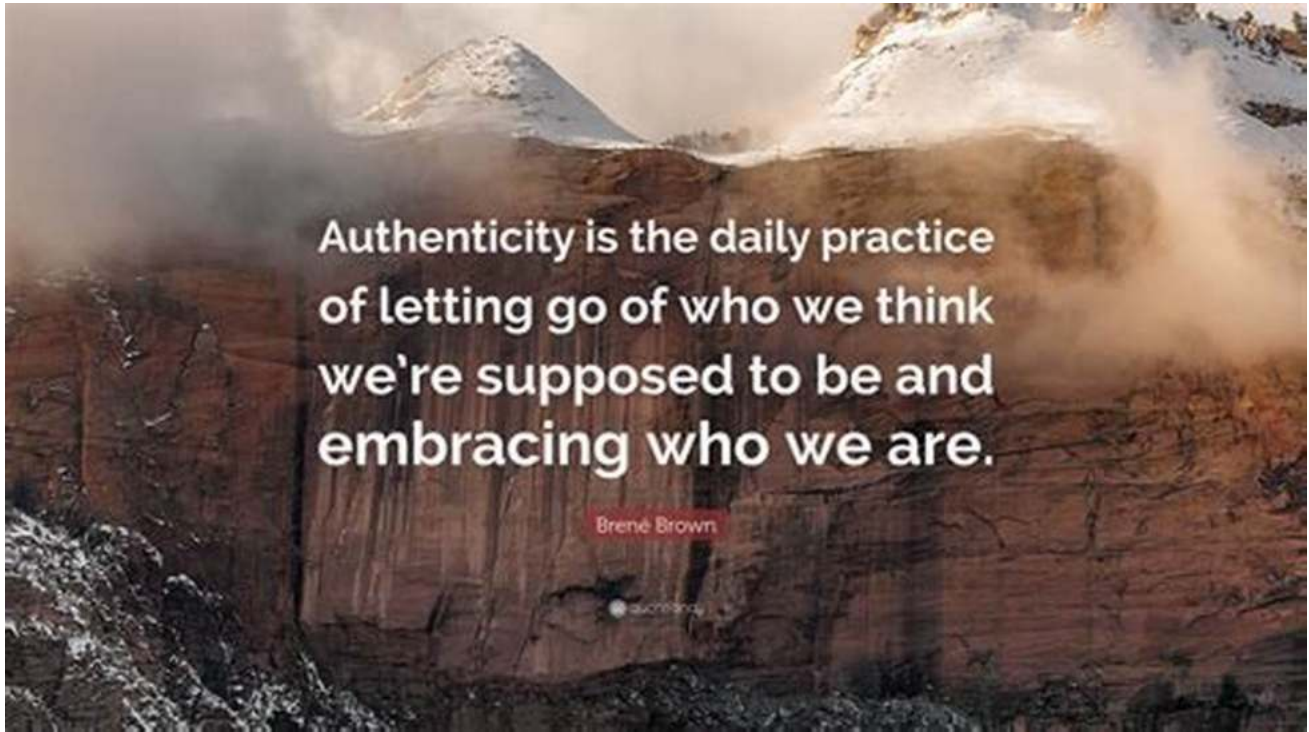


preserving our natural resources, we become guardians of the Earth for generations to come.



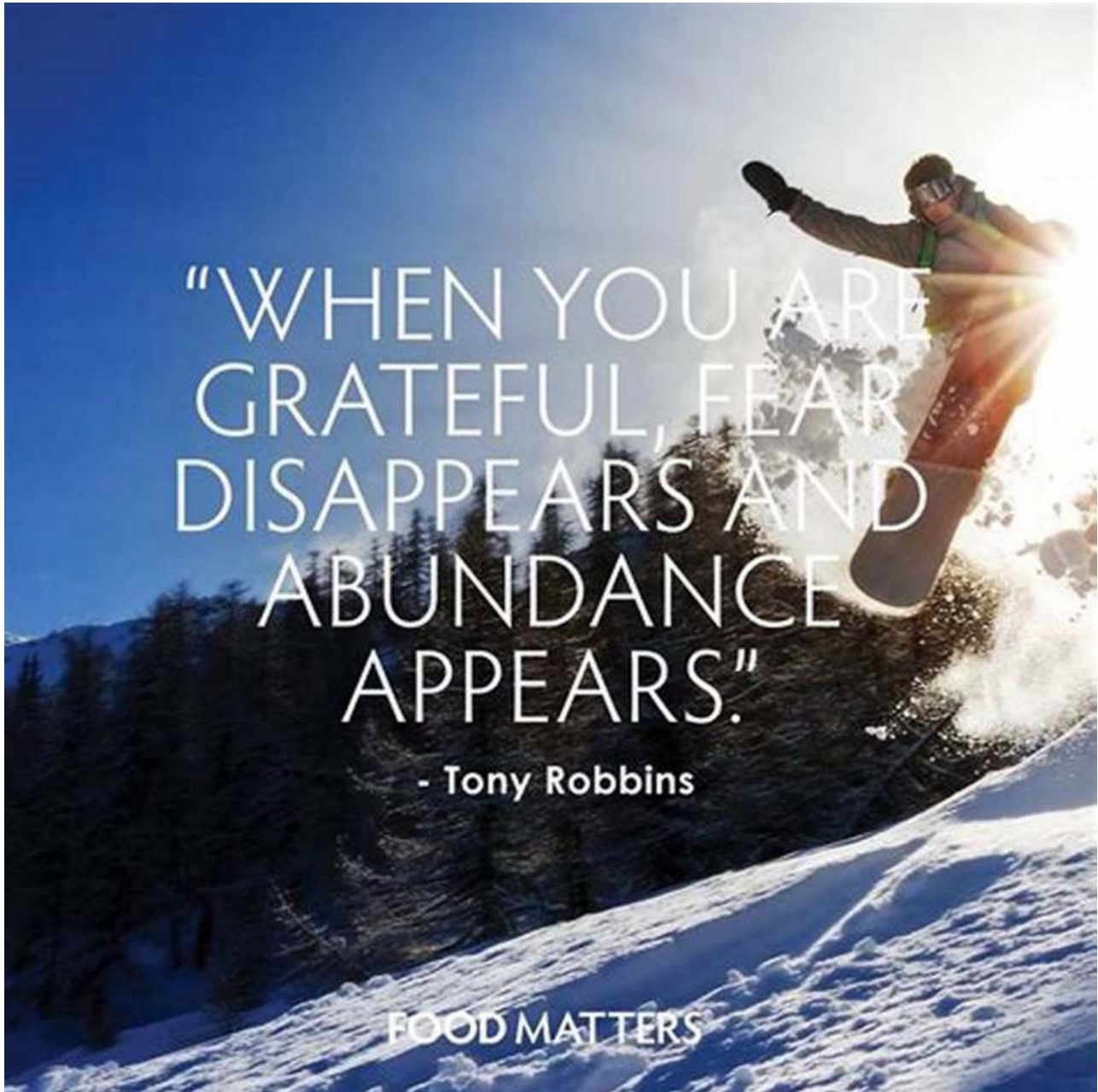
## **Lesson 6: Embracing Authenticity and Vulnerability**

In the new humanity, authenticity and vulnerability are celebrated. We let go of societal expectations and embrace our true selves, flaws and all. By being authentic and vulnerable, we create genuine connections, inspire others, and encourage them to embrace their own unique journey.



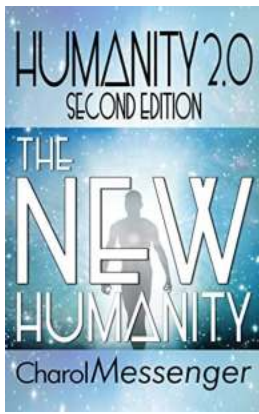
## **Lesson 7: Practicing Gratitude and Abundance**

A grateful heart is at the core of the new humanity. We practice gratitude for the abundance that surrounds us, whether big or small. By shifting our perspective to appreciate what we have, we cultivate positivity, attract abundance, and create a ripple effect of joy and contentment.



The new humanity is not an abstract concept but a possibility that lies within each of us. By embracing unity and diversity, cultivating empathy and compassion, welcoming change and growth, nurturing mindfulness and presence, creating a sustainable future, embracing authenticity and vulnerability, and practicing gratitude and abundance, we can collectively shape a better future. Let us strive to embody these key life lessons and pave the way for the new humanity we aspire to become.





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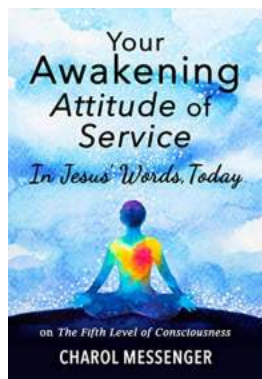
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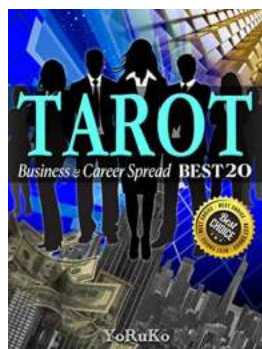
KEY LIFE LESSONS for HUMANITY'S SPIRITUAL AWAKENING — — —  
International Multiple Award Winner. Best-selling author and gifted visionary Charol Messenger reveals modern-day prophecies - of the new paradigm that is unfolding right now before our eyes and in our lives and hearts - and how we can be a part of creating harmony and well-being, for all. Conflicts are a symptom of awakening, as we struggle to make sense of all the changes that are happening. Though all about us feels tenuous and life is full of stress and tragedies, we are actually in Renewal as a whole people. ... And we are being called upon to be a participant in healing this world and this Earth. — — — “WOW!” - The Futurist, World Future Society — “Uplifting. Inspirational!” - Bud Gardner, co-author Chicken Soup for the Soul. — “It brought me to a loving and peaceful place, I wanted to climb aboard and live there.” - Claudia Watts Edge, GIFTS FROM THE EDGE Stories of the Other Side. — — “Wow! The interview was amazing!” said Marilyn Todman, CEO and Founder of Preach the Word Worldwide Network after my 2019 interview live in the Atlanta studio. That June she gave this book its fifth award, the Shining Stars Award at their annual summer Gala. — — — The

Messenger book series "KEY LIFE LESSONS FOR LIVING YOUR HIGHER SELF" is original teachings, meditations, anecdotes, and techniques for how to live fully through your soul consciousness, here and now - because that is how clarity arrives in the mind and calmness in the heart. Each Messenger book presents unique KEY LIFE LESSONS. — — — Charol Messenger is an Honoree of Marquis Who's Who in America 2020. Her twenty book awards in nondenominational spirituality include 4 First Place. Her writings are most similar to Neale Donald Walsh, Eckhart Tolle, Marianne Williamson, David R. Hawkins, James Redfield, and Gina Lake. — — — "I first talked to God when I was three years old, in my backyard, speaking up to the heavens. I remember a sunny day with clouds. November 1975, during a life-changing event, I saw the potential and true hearts of all humanity. The next day I began writing." — — —  
[www.awakeningkeys.com](http://www.awakeningkeys.com)



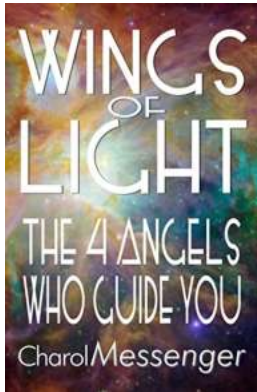
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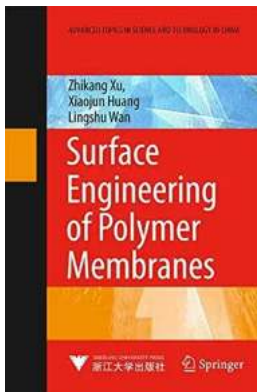
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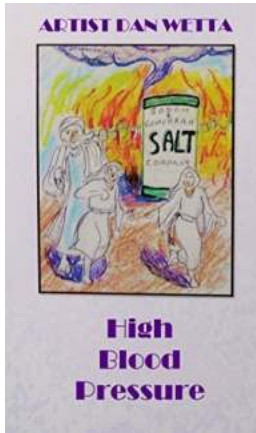
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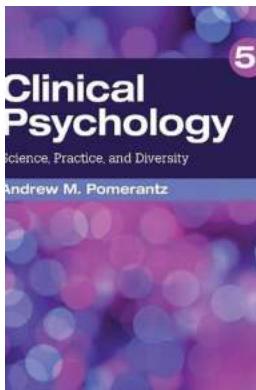
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