

Inner and Outer Peace
Evelin Lindner
25th February 2025

Warm greetings to everyone! It's a pleasure to be here with you today. It is a privilege to speak on a topic close to my heart: inner and outer peace.

Some might argue that it is naive to believe that fostering inner peace, compassion, and mindfulness in our daily lives can lead to global peace. They claim that while these practices might enhance the well-being of individuals and communities, making them temporarily happy like drugs do, they fail to address the underlying issues. Drugs, after all, are merely an escape from reality and its challenges.

If our goal in seeking inner peace is to escape from the world and its challenges, then indeed, this would be a disheartening endeavour. However, let us aim for more than just happiness derived from retreating into inner peace. Let us harness inner peace to create meaningful lives.

Meaningful lives are not about avoiding challenges but confronting them with courage. They require strength and action — action rooted in conscientiousness to build a world of outer peace, a decent world full of dignity, void of humiliation. When the journey becomes tough and we are on the brink of despair, that is when we need inner peace the most, then it becomes our anchor, guiding us through despair.

Imagine a lifeboat in a stormy sea. Those with inner peace will lead with strength, steering their loved ones towards dignity and survival, while those without may steer us astray.

Thank you for listening. May each of us find the strength to pursue outer peace through the joy of drawing strength from the fulfillment of living a purposeful life, no matter how challenging it may be.

Evelin's bio in English

(see also www.humiliationstudies.org, <https://humiliationstudies.org/whoweare/evelin.php>):
Evelin Lindner has a dual education as a medical doctor and a clinical psychologist, with a Dr. med. from the University in Hamburg in Germany in 1994, and a Dr. psychol. in social psychology from the Department of Psychology of the University of Oslo in 2001, focussing on the dynamics of humiliation in relation to war and genocide. From this work, the organisation Human Dignity and Humiliation Studies (HumanDHS) grew forth, both as a transdisciplinary field of research and inquiry and a global network of academics and practitioners who wish to promote dignity and transcend humiliation around the world. Lindner lives and teaches on all continents to develop HumanDHS globally.

Dr. Lindner has written several books, her first book, *Making Enemies: Humiliation and International Conflict*, was honoured as 'Outstanding Academic Title' in the U.S.A. in 2007. Desmond Tutu wrote the Foreword for her third book, *Gender, Humiliation, and Global Security*. In her fourth book, *A Dignity Economy*, Lindner explores ways to create an economy that serves human dignity and preserves our planet. Her sixth book, *From Humiliation to Dignity: For a*

Future of Global Solidarity, with a Foreword by peace philosopher Howard Richards, was finalised in 2022. In her upcoming book, *Letter to My Father*, she will explain how her work was shaped by the traumatic experiences of war and displacement endured by her father.

Evelin has been honoured with various awards, including the Prisoner's Testament Peace Award in Risør in 2009, and she has received nominations for the Nobel Peace Prize in 2015, 2016, and 2017.

A full list of Evelin's publications is available on the Human Dignity and Humiliation Studies website (<https://www.humiliationstudies.org>) and Cristin (<https://app.cristin.no/search.jsf?t=Evelin%20Lindner>)

Deutsch:

Evelin Lindner hat eine doppelte Ausbildung als Ärztin und klinische Psychologin. Sie erwarb 1994 ihren Dr. med. an der Universität Hamburg in Deutschland und 2001 ihren Dr. psychol. in Sozialpsychologie am Psychologischen Institut der Universität Oslo, wobei sie sich auf die Dynamik der Demütigung im Zusammenhang mit Krieg und Völkermord konzentrierte. Aus dieser Arbeit entstand die Organisation Human Dignity and Humiliation Studies (HumanDHS), sowohl als transdisziplinäres Forschungsfeld als auch als globales Netzwerk von Akademikern und Praktikern, die Würde fördern und Demütigung weltweit überwinden wollen. Lindner lebt und lehrt auf allen Kontinenten, um HumanDHS global zu entwickeln.

Dr. Lindner hat mehrere Bücher geschrieben. Ihr erstes Buch, *Making Enemies: Humiliation and International Conflict*, wurde 2007 in den USA als „Outstanding Academic Title“ ausgezeichnet. Desmond Tutu schrieb das Vorwort zu ihrem dritten Buch, *Gender, Humiliation, and Global Security*. In ihrem vierten Buch, *A Dignity Economy*, untersucht Lindner Wege, eine Wirtschaft zu schaffen, die der menschlichen Würde dient und unseren Planeten bewahrt. Ihr sechstes Buch, *From Humiliation to Dignity: For a Future of Global Solidarity*, mit einem Vorwort des Friedensphilosophen Howard Richards, wurde 2022 fertiggestellt. In ihrem kommenden Buch, *Letter to My Father*, wird sie erklären, wie ihre Arbeit durch die traumatischen Kriegserfahrungen und Vertreibungen ihres Vaters geprägt wurde.

Evelin Lindner wurde mit verschiedenen Auszeichnungen geehrt, darunter der Prisoner's Testament Peace Award in Risør im Jahr 2009. Sie wurde außerdem 2015, 2016 und 2017 für den Friedensnobelpreis nominiert.

Eine vollständige Liste von Evelins Veröffentlichungen ist auf der Website der Human Dignity and Humiliation Studies (<https://www.humiliationstudies.org>) und bei Cristin (<https://app.cristin.no/search.jsf?t=Evelin%20Lindner>) verfügbar.