



Global Healing Day: A Call to Co-Creation for the Healing of People and Planet

What is Global Healing Day?

Global Healing Day is a collaborative, cross-sector initiative that invites people, organisations, and communities around the world to come together on a shared day of action, reflection, and collective intention. Its purpose is simple but profound: to spark and support *global healing across all systems*—personal, social, cultural, economic, ecological and spiritual.

This day is not a one-off event. It is the heartbeat of a growing movement, a gathering point in time that amplifies diverse efforts, initiatives, and wisdom traditions already working towards healing in many forms. It is a regenerative ecosystem of partners acting in synergy—not in competition—with one another.

Why Global Healing? Why Now?

The world stands at a critical turning point. Crises in mental health, social cohesion, environmental stability, and spiritual disconnection are no longer isolated issues—they are interconnected symptoms of deeper systemic imbalances. Healing is no longer a metaphor—it is a practical and moral imperative.

Global Healing Day recognises that:

- No one solution or sector can address this alone.
- Healing must occur at all levels—personal, relational, cross-species, collective, and planetary.
- Lasting change begins with listening, with presence, and with meaningful collaboration.

Our Vision: A Regenerative Future

We envision a world in which healing becomes the foundation of all systems. Where education cultivates compassion, economies serve wellbeing, and governance honours the Earth and future generations.

Global Healing Day helps activate this vision by creating an annual space to:

- Celebrate our shared humanity and our ability to choose and co-create our own future.
- Honour the fact that pain, trauma and loss are common to all human cultures
- Recognise the fact that **all human cultures are wounded** – and that over time we have all been on the side of both the persecuted and the persecutors
- Honour the **key role of indigenous cultures** that have fought to retain regenerative ways of living
- Honour the wounding and trauma that human cultures have caused for **other living species and the land**
- Pause and reflect on our own family/cultural patterns and whether we want to carry these forward
- Pause and reflect on systems that are perpetuating trauma and disfunction and how these could be healed/transformed
- Share healing perspectives and practices from multiple disciplines

A Living Ecosystem of Partners

Global Healing Day is intentionally decentralised. We are not launching a branded campaign—we are **growing a living system**. Our partners are diverse: from indigenous leaders and trauma practitioners to medics, meditation teachers, elders, spiritual leaders, and youth activists.

This is a space where:

- Global organisations and grassroots movements share the same platform.
- Actions can be as intimate as a community healing circle, or as ambitious as a multinational policy declaration.
- Innovation flows freely between disciplines, sectors, and geographies.

Each partner contributes what they do best. Together, we form a mutually supportive ecology of change.

Ways to Participate

Participation is flexible and co-created. Here are some of the ways partners can be involved through their own networks:

- **Host** or contribute to healing events (online or local).
- **Share stories** of healing from your community or network.
- **Offer resources**—meditations, toolkits, artworks, music, rituals, educational content.
- **Hold** film screenings, festivals and live gatherings
- **Support outreach**, media, and amplification efforts.
- **Co-create** initiatives that bring Global Healing Day alive.
- **Post details** of your activities on @globalhealingday

This is an invitation to lead from your own centre of skills, knowing and vision

What's Next?

You are warmly invited to:

- Join our growing partner ecosystem
- Co-design the shape and scope of the day in your region
- Help shape a shared story of global healing

Join us!

To join as a partner and share your own ideas - please contact us via www.globalhealingday.world