

PMAC 2025 Side Meeting

Complete Well-Being in the age of AI

**The Crucial Role of
SPIRITUAL HEALTH
and Practical Strategies**

28 JAN 09.00-17.00

Lotus Suite 7, FL. 22

**Centara Grand & Bangkok
Convention Centre at CentralWorld
Bangkok, Thailand**



PMAC | PRINCE MAHIDOL
AWARD CONFERENCE

Welcome to a Journey of Transformation

*Let's gather in a circle
to discuss and reflect on one of humanity's most fundamental,
simple, and natural aspects:
the inner dimension.*

*This encompasses our minds, thoughts, emotions, and spirits.
We'll also explore this inner dimension's profound potential
for understanding life's and the world's deeper truths.*

*It allows us to connect meaningfully with ourselves,
with others, with other life forms, with the environment,
with what we have faith in and revere,
and even with abstract or energetic forces beyond the tangible.*

*These connections and reflections embody
the essence of spirituality and spiritual health.*



What is Spiritual Health?

Thai community of professionals working in spiritual health promotion have defined “spiritual health” as:

*“A well-being that arises from
an understanding of oneself and the nature of life,
recognizing the interconnectedness with others,
all beings, the world, and nature,
leading to the co-creation of a caring society.”*

This definition appears in the Thai Health Promotion Foundation’s 5-Year Strategic Plan for Promoting Spiritual Health (2025-2029).

Eight Key Commonalities Among Professionals Promoting Spiritual Health in Thailand

1. Being aware of social misconceptions that cause suffering.
2. Cultivating mindfulness, meditation, and self-awareness, and recognizing the value and meaning of life.
3. Acknowledging both happiness and sufferings within oneself and the community.
4. Utilizing inner resilience during times of crisis.
5. Listening deeply, respecting diversity, and upholding human dignity.
6. Cultivating compassion, generosity, and a willingness to help others.
7. Fostering trust, collaboration, and peace.
8. Advocating for policies that support and ensure social equity and justice.

Spiritual Health: One of the Four Pillars of Complete Well-Being

Complete Well-Being refers to a state of wholeness encompassing physical, mental, social, and spiritual health. The Complete Well-Being of Mankind Around the World is the ultimate aspiration of all humanitarian organizations globally.

The first three dimensions of well-being—physical, mental, and social—are familiar and widely understood. However, the concept of spiritual health, while frequently used internationally, remains subject to diverse interpretations.

Spiritual health can be described as the ability to access truths beyond the physical body. In Buddhist teachings, the body is referred to as the “world,” while “beyond the world” or *lokuttara* refers to truths that transcend the self.

Ordinarily, human beings cling to the self, or ego, which confines and constrains them, akin to being trapped in an invisible prison. This prison creates tension between the reality tied to the self and the higher truth beyond it. Liberation from this prison leads to freedom and joy, enabling one to experience the truths beyond the self—much like being released from an invisible cage.

When people perform acts of goodness that transcend self-interest, this is often referred to as spirituality.

All phenomena can be viewed through two dimensions of truth: one constructed by the self and the other, an unconditioned and eternal truth that exists beyond it.

Actions that hold value beyond the self reside in the realm of spirituality.

Any work or action, if driven by greed, anger, or delusion, reflects attachment to the self or unwholesome states. However, when actions are motivated by selflessness and performed for the benefit of humanity without centering on one's ego, they embody spirituality—truth, goodness, and beauty that transcend worldly concerns.

Spiritual health can arise anywhere and in any activity. If one's actions connect the mind to truth, goodness, and beauty, spiritual health emerges—even unknowingly.

When individuals understand what spiritual well-being is and recognize its presence within themselves, the goodness they do for others and nature can lead to a world filled with virtue.

This can be likened to a seed of goodness inherent in every human heart. However, this seed is often buried beneath life's complexities, causing people to forget its presence and their immense potential to perform self-transcendent acts. When individuals become aware of the seed within and nurture it—like watering and tending to soil—the seed grows and flourishes, spreading shade and peace across the world.

This awareness can create a world of happiness where well-being spans all dimensions—a Complete Well-Being of humanity across the globe. Such a state represents the ultimate ideal for all humanitarian organizations worldwide.



Prof. Emeritus Prawase Wasi, M.D.

November, 2024

About Our Meeting



Host Organization

Thai Health Promotion Foundation

Co-hosts

International Health Policy Foundation
Knowledge Center and Coordination on Spiritual Health
JitArsa Bank
IDG Oneness Thailand
Sathirakoses-Nagapradipa Foundation (SNF)
Contemplative Education Center, Mahidol University
Faculty of Learning Sciences and Education, Thammasat University
School of Public Policy, Chiang Mai University

Objectives

1. Highlight spiritual health at the PMAC conference, showcasing global leaders' works and Thailand's unique efforts.
2. Connect networks in Spirituality and Spiritual Health Development, fostering international and domestic exchanges between the Western and Eastern worlds.
3. Explore collaborative approaches and partnerships for global and Thai initiatives, aiming for sustainable development.

Expected Output/Outcome

1. Obtaining initial discussions and preliminary long-term goals in promoting spiritual health, aligning with the global health movement.
2. Greater understanding and creativity among Spirituality and Spiritual Health Development networks, both in Thailand and internationally.
3. Practical strategies for collaboration within networks to drive efforts at both international and country level.

Anticipated Participant Groups

PMAC attendees, academics, policy makers, practitioners, social activists, faith groups, youth working in spiritual development, and Mass media.



*For more details,
visit Jitwivat.com*

Program Schedule

Session Timings and Activities

Collective Start

9.00 - 10.20

09.00 - 09.10

Welcome and Opening Remarks

Dr. Pongthep Wongwatcharapaiboon, M.D.

Chief executive officer, Thai Health Promotion Foundation

09.10 - 09.20

Group Photo

09.20 - 09.40

Grounding Practice and Invocation

Dr. Benjamin Weinstein

Clinical Psychologist, Mindful Self-Compassion Thailand

09.40 - 10.00

Keynote Address: "Complete Well-being of Mankind Around the World: the Crucial Role of Spiritual Health."

Prof. Vicharn Panich, M.D.

Chair of the PMAC International Organizing Committee

10.00 - 10.20

Coffee Break

Panel Discussion

10.20 - 12.30

10.20 - 11.50

"Inspirations to Actions: Global Stories on Revitalizing Spiritual Well-being"

- *Dr. Fredrik Lindencrona*, Head of Research Co-Creation, Inner Development Goals, Sweden
- *Prof. Gábor Karsai*, Managing Director, Mind and Life Europe
- *Ms. Ouyporn Khuankaew*, Founder of International Women's Partnership for Peace and Justice

Moderated by *Dr. Angkana Lekagul*, Researcher, International Health Policy Foundation

11.55 - 12.10

Wisdom Reflections for the Morning Session

Prof. K. Srinath Reddy, M.D.

Honorary Distinguished Professor and Goodwill Ambassador of Public Health Foundation of India for Public Health Partnerships

12.10 - 12.30

Group Reflection

Facilitated by *Dr. Sorrayut Ratanapojnard* and *Mr. Wiset Bumrungwong*

JitArsa Bank

14.00 - 15.30

Group Dialogue: "Enhancing Spiritual Health: Long-term Goals and Practical Strategies for a Polycrisis World" (World Cafe)

Topic 1: Higher Consciousness and Spiritual Life in Daily Living

Facilitated by *Dr. Jirattakarn Pongpakatien* and *Dr. Arisa Sumamal*

Lecturer, Contemplative Education Center,
Mahidol University

Topic 2: Engaging Youth in Spiritual Health

Facilitated by *Mr. Jameekorn Aumnatphook*

Training Manager, School of Public Policy, Chiang Mai University, Thailand

Topic 3: Redefining Health: WHO's Definition + Spiritual Well-being

Facilitated by *Dr. Wirun Limsawart, M.D.*

Head of the Health Research Unit, Health Technical Office, Office of the Permanent Secretary, MoPH, Ministry of Public Health

Topic 4: Spiritual Health Strategies for Global Crisis

Facilitated by *Asst. Prof. Ora-orn Poocharoen, PhD.*

Founding Director, School of Public Policy, Chiang Mai University, Thailand

15.30 - 15.50

Coffee Break

Closing Remarks and Farewell

15.50 - 17.00

- 15.50 - 16.10 **Sharing and Take-Home Messages from Group Dialogue**
- 16.10 - 16.35 **Group Reflection**
Facilitated by *Dr. Sorrayut Ratanapojnard* and
Mr. Wiset Bumrungwong
JitArsa Bank
- 16.35 - 16.55 **Conclusion & Closing Remarks**
Dr. Komatra Chuengsatiansup, M.D.
Chairman, Board of Governors, Thai Public
Broadcasting Service
- 16.55 - 17.00 **Farewell**
Ms. Jarupapha Wasi
Director, Knowledge Center and Coordination on
Spiritual Health

Inspiring Words from Our Keynote Speakers

In science, as in life, the most profound journeys often leave us with more questions than answers. This is especially true when exploring the elusive realms of Spiritual Health and Complete Well-being—concepts far less tangible and measurable than the empirical truths we often pursue.

Spiritual health is frequently defined as a sense of purpose, meaning, and connection to something greater than oneself. It encompasses beliefs, values, and practices that provide guidance through life's challenges. Similarly, complete well-being is described as a deep sense of peace, contentment, and harmony—being at one with oneself and the world. But for all their resonance, these ideas remain abstract, deeply personal, and open to interpretation.

How, then, do we approach these concepts?

- Is it an individual journey or a collective effort?
- Should we nurture spiritual health early in life through education and systemic support?
- Can we build ecosystems that empower individuals to explore these dimensions?

Or perhaps the biggest question of all: to whether it exists at all?

In an age where artificial intelligence provides instant answers, the journey toward understanding spiritual health and well-being stands apart. After all, how can we expect algorithms to fully comprehend the depths of human experiences that defy logical explanation yet feel profoundly real?

These are the questions we invite you to ponder and explore together. Let's embark on this shared journey into the heart of what it means to be connected, present, and whole.



Prof. Vicharn Panich, M.D.

*Chair of the PMAC International Organizing Committee
Board of Trustees, Prince Mahidol Award Foundation, Thailand*



Collected Works of
Prof. Vicharn Panich, M.D.



Book Series:
The Trilogy on "Advanced
Learning from Experience"

Our Speakers

DR. FREDRIK LINDENCRONA

Head of Research Co-Creation,
Inner Development Goals, Sweden



“The most deeply personal aspects of our lives are connected to macro worldviews. It’s fascinating how understanding ourselves and each other sets the foundation for collaboration. The most inner dimensions of being human also become the most planetary in scope. If we start seeing the world differently—moving towards collaboration and away from competition—it will make a significant difference.”

Dr. Fredrik Lindencrona, Ph.D., a licensed psychologist from Sweden, has over two decades of experience advancing policies and systems to promote sustainable well-being at city and regional levels and collaborated with organizations such as the OECD, WHO, and the EU. As a co-initiator of the Inner Development Goals (IDG) initiative and Head of Research Co-Creation, he develops frameworks of transformational skills to address global challenges and drive systemic change.

Dr. Lindencrona highlights spiritual and existential well-being as essential for meaningful transformation. He advocates for eudaimonic well-being—focused on purpose, interconnectedness, and contribution—and fosters collaboration between IDGs and Sustainable Development Goals. Committed to bridging research and practice, Dr. Lindencrona prioritizes partnerships and meaningful connections to address isolation and foster collective progress.

Published Works



Cognitive Skills Within the Inner Development Goals (IDG) Framework: Empowering Sustainable Careers and Sustainable Development



Modes of Interaction and Performance of Human Service Networks: A Study of Refugee Resettlement Support in Sweden



Inner Development Goals (IDG)

Our Speakers

DR. GÁBOR KARSAI

Managing Director, Mind and Life Europe



“Policymakers are beginning to see spirituality as a key element in coping with the ‘polycrisis,’ as addressing these challenges requires a worldview, self-understanding, and often a spiritual perspective—one that fosters collective and participatory sense-making. From a health perspective, bringing spirituality back into personal, family, and community life is not just a response to loneliness or depression—it’s also about helping younger generations who feel lost, overwhelmed by crises, and unsure how to find meaning in life.”

Prof. Gábor Karsai, based near Budapest, Hungary, serves as the Managing Director of Mind & Life Europe (MLE), the Rector of the Dharma Gate Buddhist College in Budapest, and a Professor of Philosophy and Religious Studies.

In this meeting, Prof. Karsai represents Mind & Life Europe, a network of leading contemplative scientists, philosophers, and practitioners committed to integrating contemplative practices with scientific research and philosophy. This integration seeks to deepen understanding of the mind and promote human flourishing.

About Mind & Life Europe

Mind & Life Europe emphasizes the importance of spirituality in advancing global health. The organization supports research and initiatives exploring how contemplative practices—rooted in spiritual traditions—can contribute to mental and physical well-being. By fostering dialogue between science and spirituality, MLE aims to develop holistic approaches to health that address both the mind and body, positioning spirituality as a vital component of the global health movement.



Mind & Life Europe

Our Speakers

OUYPORN KHUANKAEW

Founder, International Women’s Partnership for Peace and Justice



“My core intellectual and social tools come from feminism, but what truly sustains me is discovering inner peace and compassion through the teachings of Thich Nhat Hanh and daily meditation. These practices have brought me joy, hope, and the strength to continue fighting and healing.

In the Thai NGO community, spiritual well-being is rarely discussed, despite its critical importance when structural violence is becoming more intense. My firsthand experience has shown me, time and time again, that spirituality plays a vital role in preventing suicide, helping people overcome grief, and sustaining hope in times filled with struggles and suffering.”

Ouyporn Khuankaew is a Thai feminist and facilitator with over 30 years of experience advocating for intersectional feminist and spiritual-based approaches to social justice and change. Her work centers on teaching, speaking, and writing about feminist spirituality as a foundation for societal transformation. As the director of the International Women’s Partnership for Peace and Justice in Mae Rim, Chiang Mai, she focuses on Buddhist feminism, spirituality and sexuality, and non-violent methods, benefiting communities across South and Southeast Asia.

Ouyporn places spirituality at the heart of her activism, integrating it with health and social justice to address both personal and collective suffering. Through deep listening as “meditation in action,” her programs foster empathy, healing, and inner peace, empowering individuals to overcome internalized oppression and drive meaningful change.

Published Works



Grassroots Women Transforming Patriarchy with Spiritual Action, Journal of Feminist Studies In Religion JFSR 2020 Vol.36 no.1



Parenting for the Modern Age: Building Safe, Happy, Creative, and Globally Aware Families



International Women’s Partnership for Peace and Justice

Our Speakers

PROF. K. SRINATH REDDY, M.D.

Honorary Distinguished Professor and Goodwill Ambassador of PHFI for Public Health Partnerships



“Young people, who will inherit the future, are in danger of being forced to cope with the calamities created by the present models of distorted development.

The main driver of the current speeded-up move towards civilizational suicide is a lack of understanding of how the well-being of humans is closely connected, to one another, other occupants of this planet and to our common environment. We cannot provide course corrections unless this inter-dependence is adequately understood and appreciated by humans who are presently driven by ill-conceived individualism that puts them in conflict with the collective well-being of humanity and the sustainability of planetary health.”

Prof. K. Srinath Reddy, Honorary Distinguished Professor at the Public Health Foundation of India (PHFI), transitioned from a celebrated career in cardiology to focus on public health, embracing a multiverse of medicine, sustainable development, and public policy. As the past President of PHFI, he spearheaded capacity-building efforts in public health through education, research, policy, and advocacy. A former President of the World Heart Federation (2013-14), Prof. Reddy has served on numerous WHO expert panels and chaired the Core Advisory Group on Health and Human Rights for the National Human Rights Commission of India.

Prof. Reddy addresses the critical intersection of climate and health, emphasizing solidarity, the interconnectedness of all life forms, and the profound impact of environmental factors on health. He advocates for prioritizing environmental sustainability over economic growth, urging collective responsibility and action over divisive debates, with the ultimate goal of fostering a healthier, more equitable future.

Recent Works



Pulse to Planet:
The Long Lifeline
of Human Health



Towards achievement of universal
health care in India by 2020:
a call to action



Balance AI and human intelligence
for better healthcare

Our Contributors



DR. PONGTHEP WONGWATCHARAPAIBOON, M.D.

Chief of Executive Officer, Thai Health Promotion Foundation

“May our time together today inspire a shared commitment to reflect on the state of our world, care deeply for the future of the next generations, and open new pathways for collaboration—across health, society, politics, and business. Together, let us dare to imagine and create a world where humanity thrives in complete well-being.”



DR. KOMATRA CHUENGSA TIANSUP, M.D.

Chairman, Board of Governors,
Thai Public Broadcasting Service

“In this seemingly dark and hopeless world, can we craft a spiritual practice that brings meaning to such a societal crisis? A practice that encourages care, healing, and hope, helping us see possibilities so that we don’t give up too quickly.

One goal of promoting spirituality is to connect humanity with the world. Driving the spiritual movement requires time—building a new consciousness that fosters gentleness toward humanity and humility toward nature in an era where people are disconnected from one another and destructive toward the environment is no easy task. If it were simple, it would have already been accomplished, leaving no need for us to find ways to drive this forward today.”

Our Contributors' Wishes

Key Organizer

“A unique experience that connects perspectives, knowledge, and inspiration to foster spiritual well-being while exploring new possibilities for the future.”



Yanee Rajtborirak

Director of Healthy Media System
and Spiritual Health Promotion Section
ThaiHealth Promotion Foundation

“I wish for Thailand to share its Spiritual Health expertise and collaborate globally to promote peace and harmony.”

Jiraporn Kamonrungsan

Professional Academic Officer
Healthy Media System and Spiritual Health
Promotion Section,
Thai Health Promotion Foundation



“I hope this meeting will set the scene for the global movement on spiritual health and well-being, to be known as the gathering that foster cross-cultural understanding and respect regarding spiritual health. Lastly, I hope it will build bridges of connection, creating a safe space for open dialogue and respectful exchange of ideas.”



Rungsun Munkong

International Relations Expert,
Thai Health Promotion Foundation

“Planting the seed for a transformative movement, we aim to establish spiritual health as central to the global health agenda. Through collaboration and dialogue, we strive to integrate spiritual well-being into strategies addressing humanity’s challenges, fostering a foundation for holistic health and shared harmony.”

Milin Sakornsin Ruddit

International relations specialist,
Thai Health Promotion Foundation



Our Contributors' Wishes

Facilitators

“A renewed sense of shared hope, coupled with a deep willingness to set aside ego and fully collaborate with others.”



Dr. Sorrayut Ratanapojnard

Co-founder of JitArsa Bank

“Human well-being depends on how we could nurture spiritual health to harmonize humanity, technology, and nature. This event is pivotal in bringing together global leaders to advance strategies for integrating spirituality into holistic well-being in a complex future of humanity.”

Theerada Suphaphong

Thailand Country Representative,
Centre for Humanitarian Dialogue



“May this event create a space for those interested in ‘spiritual well-being’ to connect, recognise they are not alone, and explore opportunities to collaborate and build meaningful initiatives for our society.”



Dr. Angkana Lekagul

Researcher, International Health Policy
Foundation

“For participants to be fully psychologically present, holding ancestral wisdom with open and courageous hearts, ready to give and receive.”

Benjamin Weinstein, PhD.

Clinical Psychologist,
Certified Teacher of Mindful Self-Compassion



“Gaining new perspectives on how spiritual health can enhance your work, build lasting friendships and collaborative connections, and inspire courage to take action.”



Wiset Bumrungwong

JitArsa Bank

Our Contributors' Wishes

Facilitators

“I aspire to connect with like-minded individuals and work together to accelerate the collective awakening on a broader scale.”



Asst. Prof. Ora-orn Poocharoen, PhD.

Founding Director, School of Public Policy,
Chiang Mai University

“I wish for a lively conversation about redefining “health” by incorporating “spiritual” not as another component but as the one that transforms what we mean by the term.”

Dr. Wirun Limsawat, M.D.

Head of the Health Research Unit, Health
Technical Office, Office of the Permanent
Secretary, Ministry of Public Health



“Love and understanding are what the world needs right now. Let us come together to nurture the soul of the world and ourselves.”



Dr. Jirattakarn Pongpakatien

Contemplative Education Center,
Mahidol University

“I hope to see all your good intentions bring forth a space filled with compassion, connection, and creative energy.”

Dr. Arisa Sumamal

Contemplative Education Center,
Mahidol University



“I wish to see the growth of the inner spirit, as it truly is, and the development that unfolds within all of our hearts.”



Jameekorn Aumnatphook

Training Manager, School of Public Policy,
Chiang Mai University

Our Contributors' Wishes

Art, Knowledge, and Coordination Team

“The joy of people coming together, supporting one another, and working toward the spiritual growth that benefits not just themselves but others and our planet as well.”



Jarupapha Wasi

Director,
Knowledge Center and Coordination
on Spiritual Health

“One spiritual flame ignites, a thousand lights of global awakening”

Rujirat Leardudomchoke

President, Peace Communication Association



“I hope this event was memorable for everyone involved—ideally, in a good way.”



Lalita Waisinittham

Knowledge Center and Coordination
on Spiritual Health

“I have no expectations for this work, other than to see the true happiness and suffering of oneself and people in this world as it is. Only then we can truly understand the way out of suffering for ourselves and for the world.”

Usanee Pienputtarapong

Knowledge Center and Coordination
on Spiritual Health



“Working on spiritual matters is a life worth living for me. I’m more than glad to work with this awesome team. Let’s continue this journey together!”



Sang-Arun Limwongtaworn

Knowledge Center and Coordination
on Spiritual Health

Our Contributors' Wishes

Art, Knowledge, and Coordination Team

“Growth internally and externally for everyone that occurs alongside the event and can be further expanded afterward.”



Prai Wasi

Knowledge Center and Coordination
on Spiritual Health

“Self-Awareness, Love and Co-Creation are the true potential for humanity to create new ideas and actions for a better and sustainable world.”

Tarakorn Kamolprempiyakul

Creative Director & Founder, IDG Oneness Thailand



“I hope to see smiles, whether from the team or the participants. Whether they come from what they’ve heard or the atmosphere around them, it always warms my heart.”



Sompong Suvanwattanakul

Knowledge Center and Coordination
on Spiritual Health

“Happy to learn about these beautiful and wonderful stories. May peace and happiness be possible for everyone.”

Pornrat vachirachai

Knowledge Center and Coordination
on Spiritual Health



“I hope I could support everyone joining this conference peacefully, without concerns so they can focus with the conference and meet their expectation.”



Saksinee Emasiri

Knowledge Center and Coordination
on Spiritual Health

Bidding farewell with a query to contemplate

What meaningful or inspiring “takeaways” did you gain from this event?

What meaningful or inspiring “gifts” do you wish to share
with others and the world?

Your feedback is invaluable for our future progress
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Evaluation Form



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New Consciousness

Access the digital version of this book at
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