

REFLECT 2027 • PRE-CONFERENCE WEBINAR

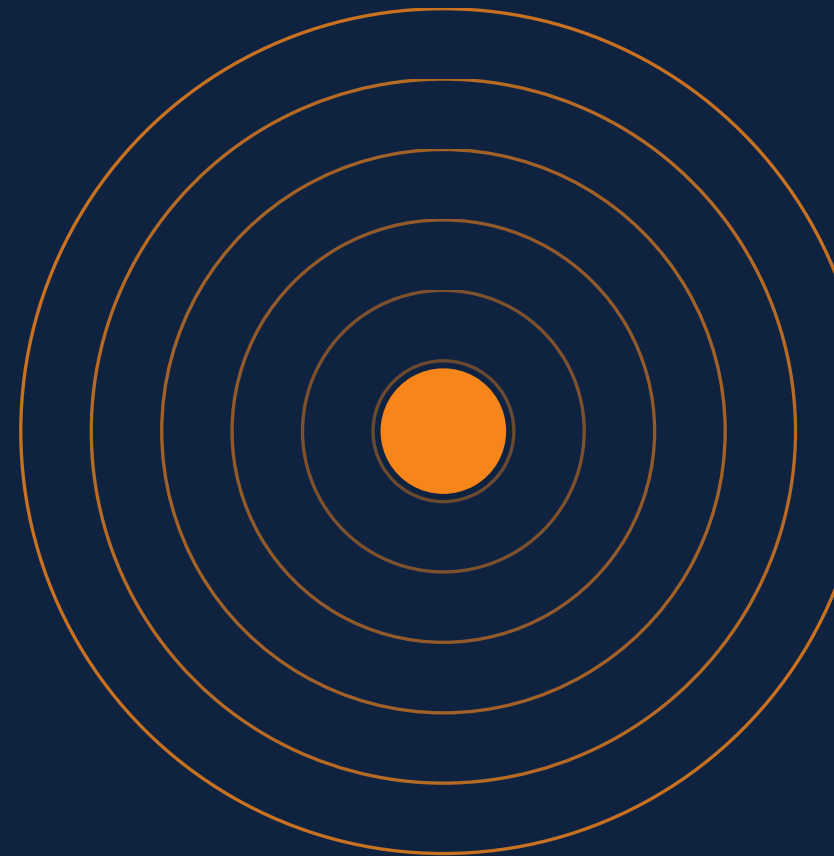
Educating for Flourishing

From Gross National Happiness to Gross Global Happiness in
Higher Education

Prof. Luis Miguel Gallardo

Founder and President, World Happiness Foundation

30 October 2026 • 3:00–4:00 PM Bhutan Time (BTT, UTC+6)



Hosted by Royal Thimphu
College, Bhutan

Let us arrive together

Before we think together, let us breathe together.



Feel the ground

Both feet on the floor. Let the chair hold you.



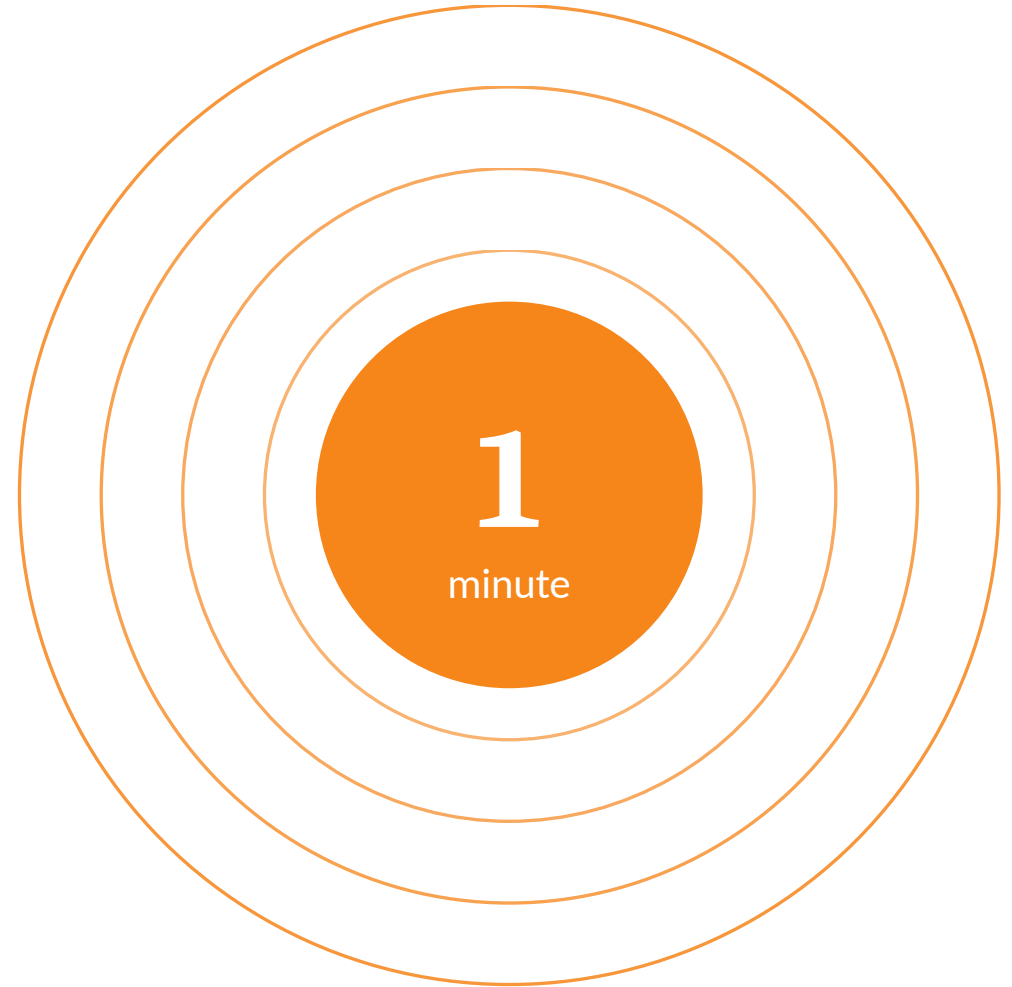
Three slow breaths

In through the nose, and a longer, softer breath out.



Bring one student to mind

Someone whose future matters to you. Hold them kindly for a moment.



What do we measure when we say a university is doing well?



What we usually count

- Rankings and reputation
- Enrolment and graduation rates
- Employability and salaries
- Publications and citations



What we rarely count

- Purpose and meaning
- Belonging and trust
- Inner peace under pressure
- Compassion and service

What we measure, we manage. What we never measure, we slowly stop seeing.

A path from peace studies to happiness



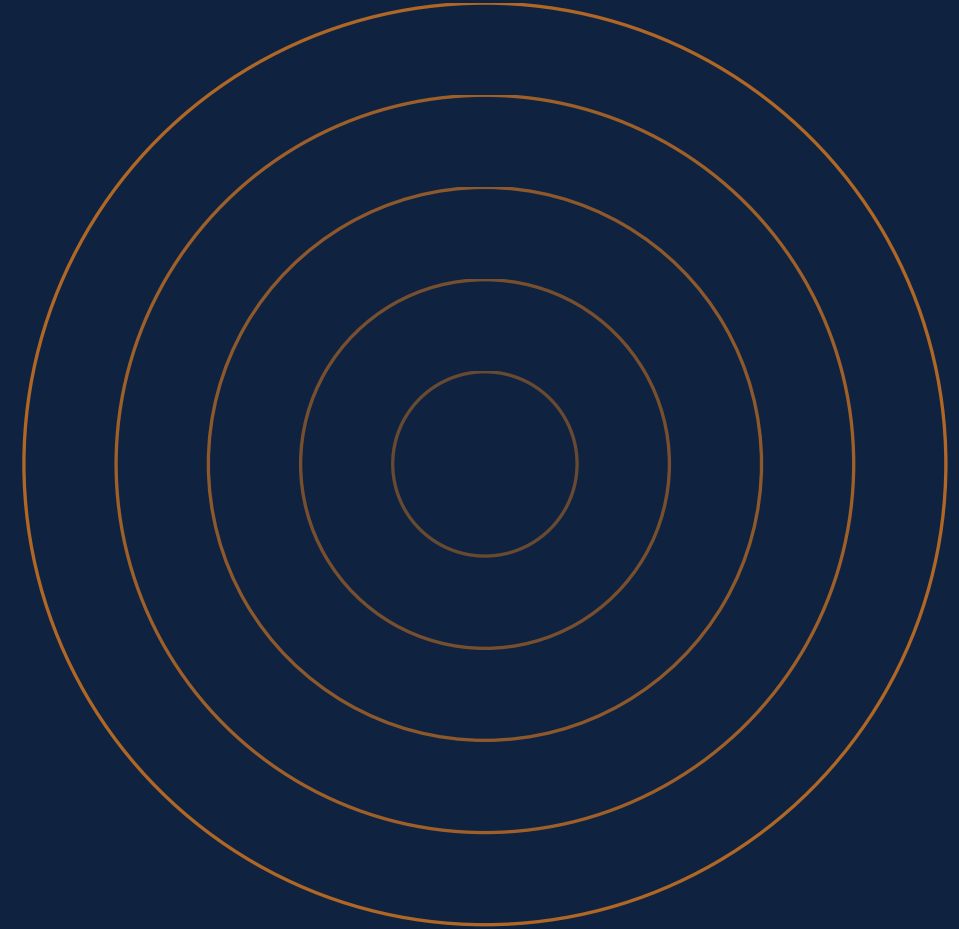
The thread: peace that only lives in treaties does not last. It has to live in people — and education is where people are formed.



PART 01

Bhutan's gift to the world

The true measure of progress is happiness and wellbeing.



A nation that placed happiness at the centre of progress

Four pillars



Sustainable & equitable
development



Environmental conservation



Preservation of culture



Good governance

Nine domains

Psychological
wellbeing

Health

Education

Time use

Cultural diversity &
resilience

Good governance

Community vitality

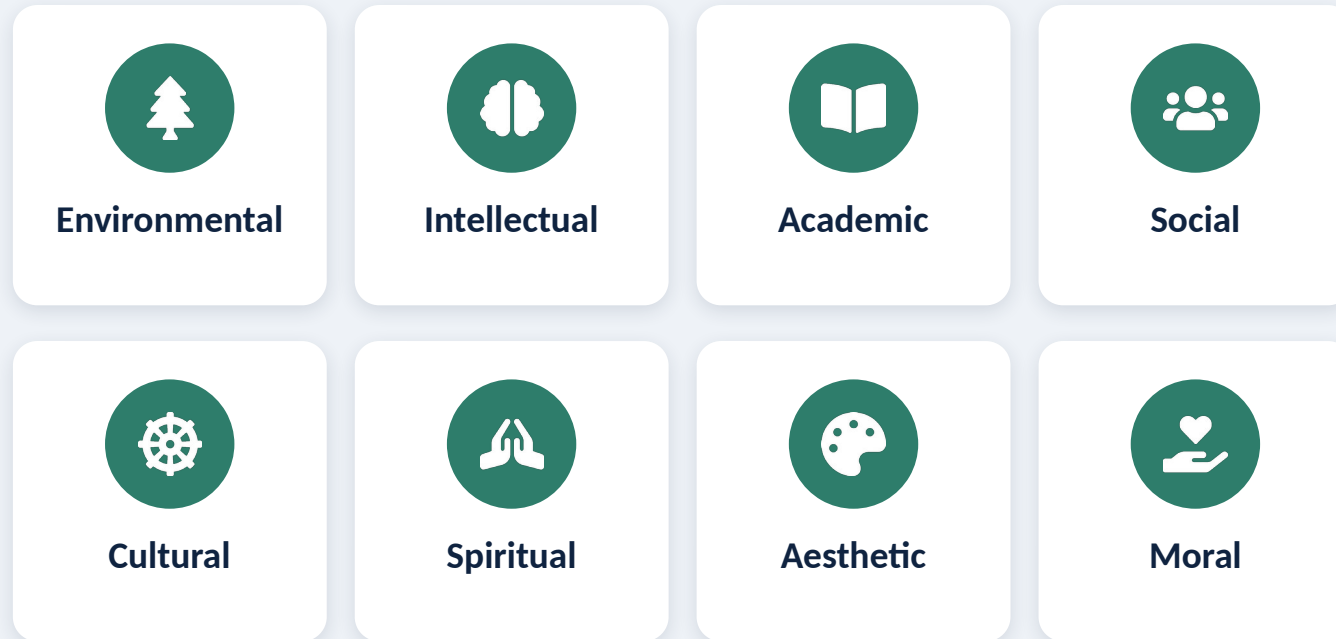
Ecological diversity &
resilience

Living standards

Written into the Constitution (2008, Art. 9) • carried to the UN in Resolution 65/309 (2011) • **International Day of Happiness, 20 March** (Res. 66/281, 2012)

Head, heart and hands: Bhutan already shows the way

Green Schools — eight “greeneries” (Thakur S. Powdyel)



Educating for GNH has guided Bhutan's schools since 2010: values, mindfulness and wellbeing woven into everyday learning.

PARO, JUNE 2024

Reimagining Education from a GNH Perspective

International Symposium at Paro College of Education, co-hosted by the World Happiness Foundation.

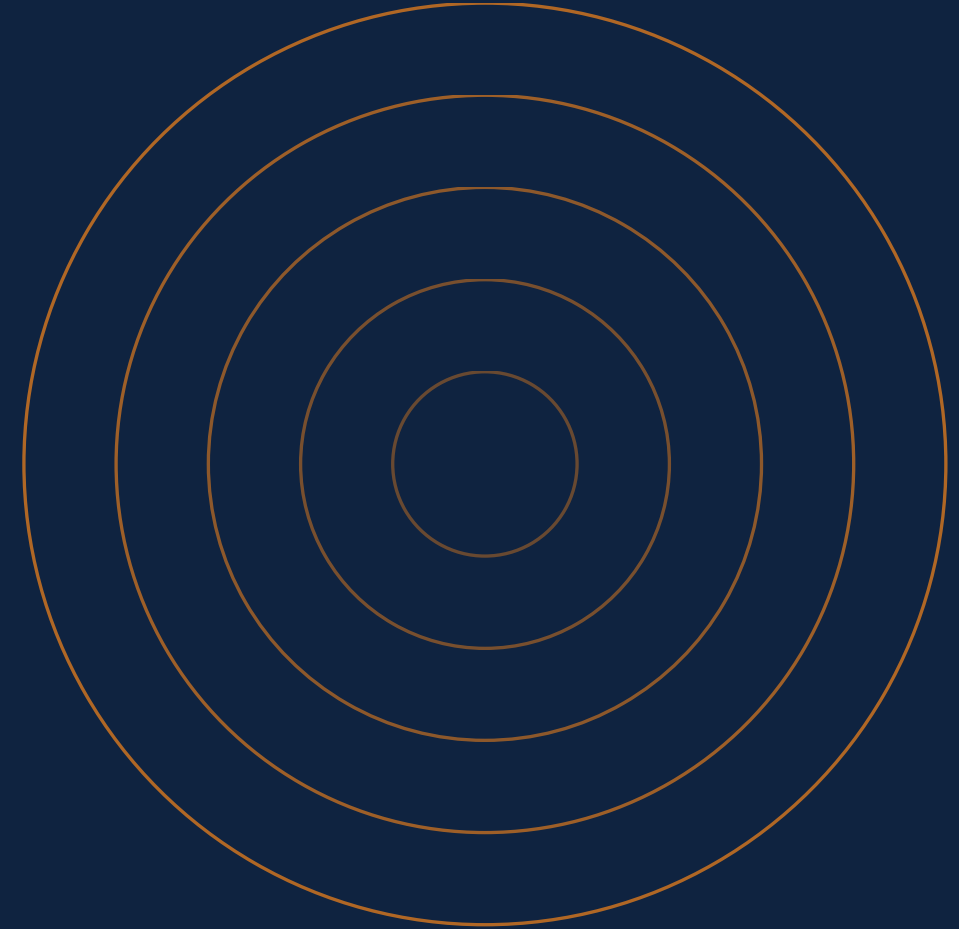
With voices from the OECD, CASEL and the GNH movement: education must serve the whole person — cognitive, emotional, social, ethical and spiritual.



PART 02

From national to global happiness

What Bhutan did for a nation, the world now needs to do for itself.



Universities receive young people in the decisive years

970M+

people live with a mental disorder worldwide (WHO)

1 in 7

adolescents aged 10–19 lives with a mental disorder (WHO)

3rd

leading cause of death among 15–29-year-olds is suicide (WHO)

Half

of all mental health conditions begin by age 14 (WHO)



The university is not only where careers are prepared.

It is where the habits of the mind are set — or healed — for the rest of a life. That makes it the most strategic place on Earth to educate for flourishing.

From scarcity to abundance: a new measure of progress

GDP logic

Measures production

Competition and fear

What we must prevent

Growth of things

Happytalism

Measures flourishing

Cooperation and trust

What we can create together

Growth of people and planet

Happytalist Goals

The 17 SDGs reframed from what we lack to the abundance we can build

~~No Poverty~~

Prosperity for All

~~Zero Hunger~~

Nourishment for All

~~Good Health~~

Holistic Health & Happiness for All

Freedom • Consciousness • Happiness • Abundance

GNH's idea, offered to the whole world



Gross Global Happiness community at UPEACE, Costa Rica



Born at the UN University for Peace (2018)

An annual GGH Summit and executive program at the UN-mandated university in Costa Rica.



From a nation to a planet

GNH asks how one nation flourishes. GGH asks how all of us flourish — together.



One North Star

10 billion free, conscious and happy people by 2050.



Anchors for the system

International Day of Happiness (20 March) and International Day of Hope (12 July).

A movement, not only an institution

60,000+

teachers trained in Latin America

1,000+

leaders trained across 450+ cities

42,000+

artisans reached in India

80+

local Agoras and Ecosystems of Happiness

45

countries in our community of Happytalistas

28M

lives by 2028 — the 28X Program



Special Consultative Status with the UN Economic and Social Council (ECOSOC)

Five living systems, one movement



Schools

Students who know themselves, regulate emotions and live with purpose



Enterprises

Cultures where people feel safe, valued and supported



Cities

Beyond-GDP measurement and wellbeing at the centre of local policy



Hospitals

Healing environments for patients, families and clinicians



Hotels

Hospitality reimagined around genuine flourishing

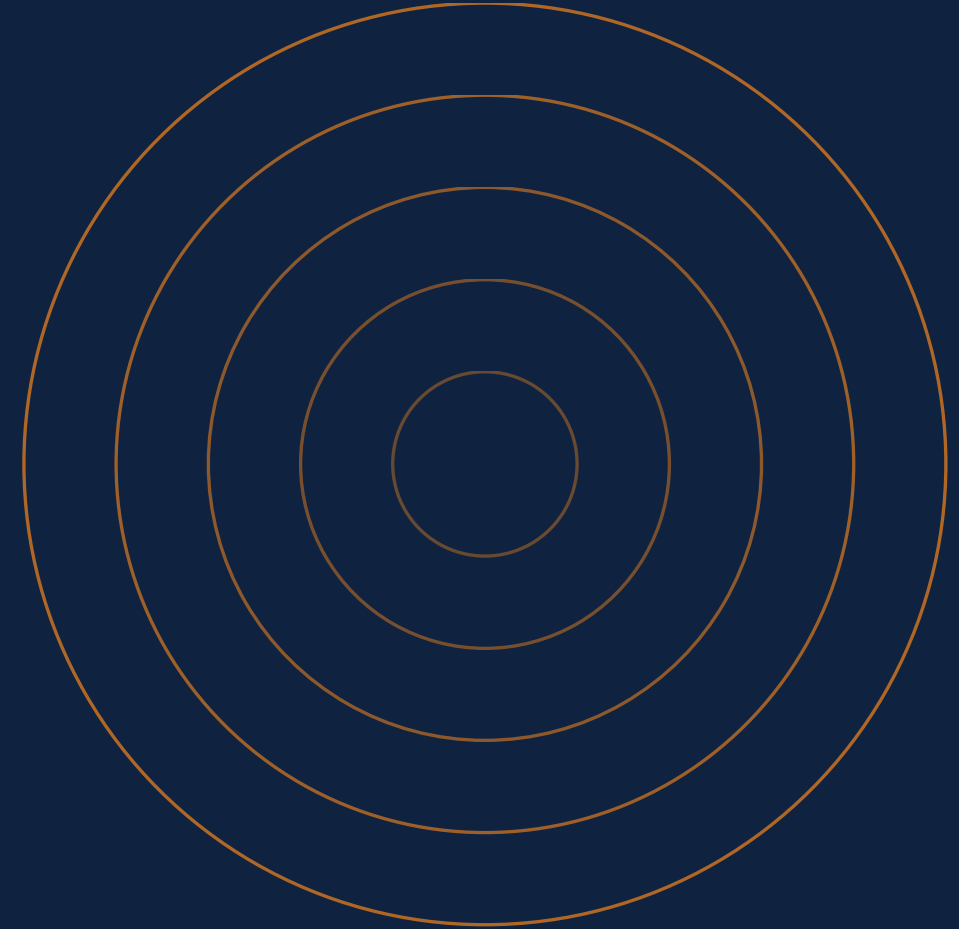
Every ecosystem is designed across the nine dimensions of the Wheel of Happiness — **and schools are the seed layer of all the others.**



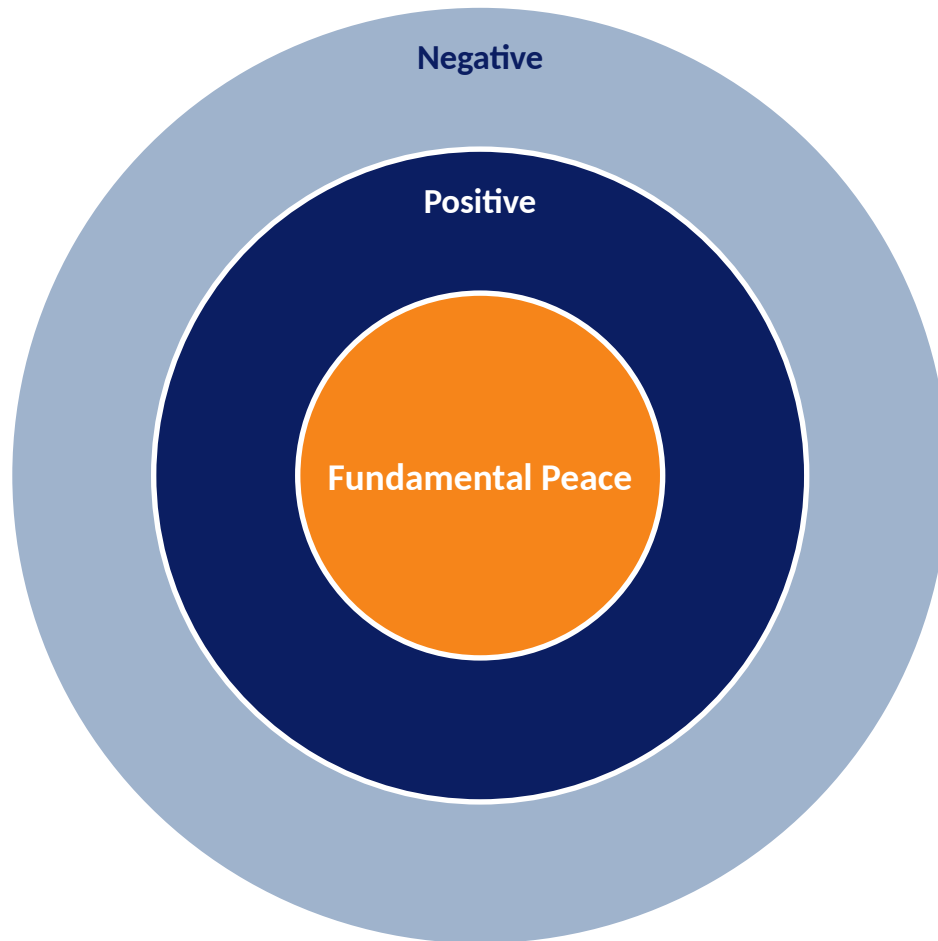
PART 03

Fundamental Peace

The inner ground of flourishing — and a capacity we can measure and cultivate.



Three layers of peace



Negative peace

The absence of direct violence — no war, no fighting.

Galtung



Positive peace

The presence of just structures — fair institutions, dignity, opportunity.

Galtung



Fundamental Peace

An integrated inner capacity: staying whole, clear and compassionate under changing conditions.

Gallardo & Chetri, 2026

Fundamental Peace: four capacities we can educate

01



Flexible attentional control

without effortful suppression

02



Emotional coherence

across self-states

03



Reduced self-referential rigidity

less trapped in the story of "me"

04



Compassionate self-awareness

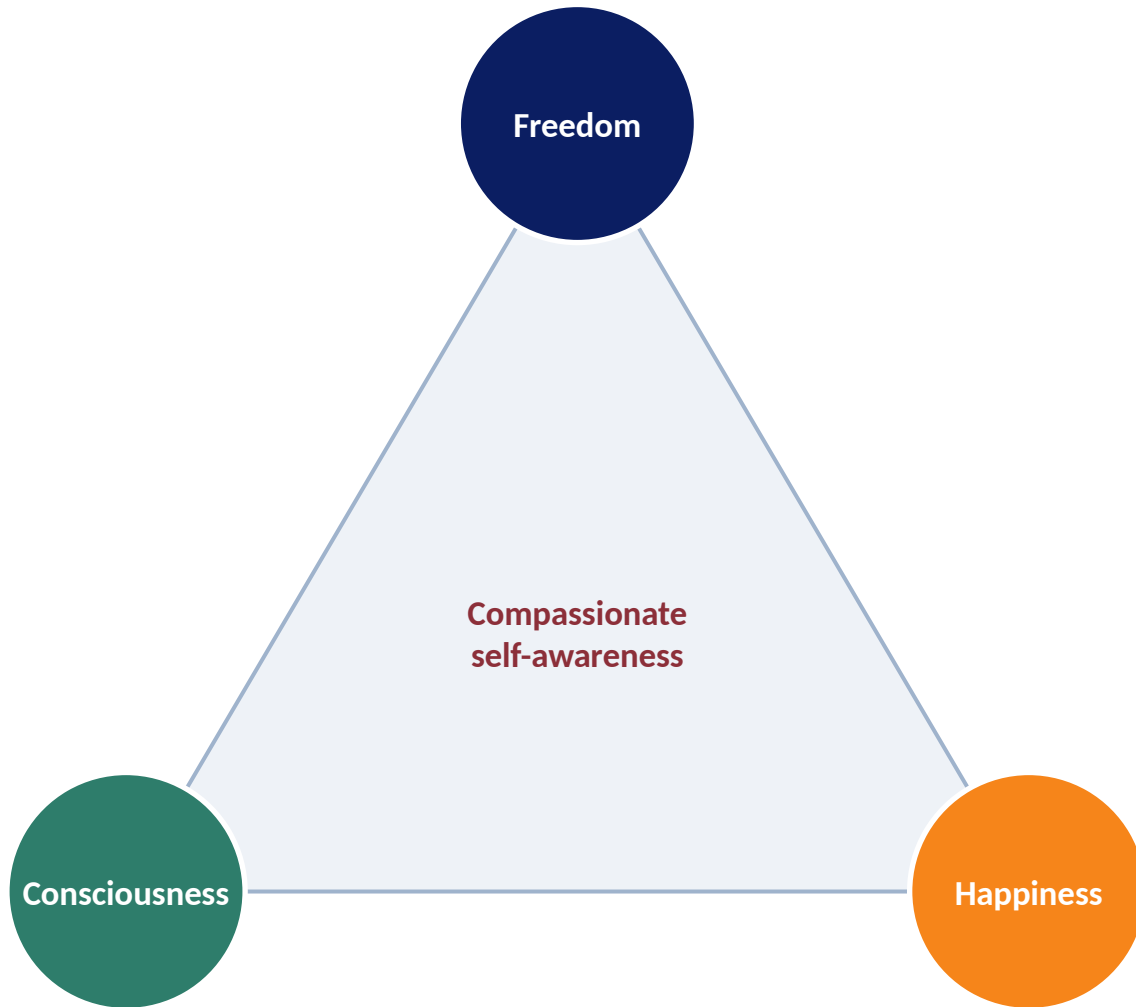
seeing oneself clearly, and kindly

Not equanimity (affective neutrality). **Not only well-being** (positive evaluation). **An integrated regulatory capacity under changing conditions.**

Measured with the FP20 scale

Gallardo & Chetri (2026), Behavioral Sciences, 16(3), 395

Free, conscious and happy: one geometry



Freedom

= reduced self-referential rigidity

Consciousness

= flexible attentional control

Happiness

= emotional coherence

Bound by

compassionate self-awareness

10 billion free, conscious and happy by 2050 = ten billion human beings in Fundamental Peace.

A NAME THAT CAME IN BHUTAN

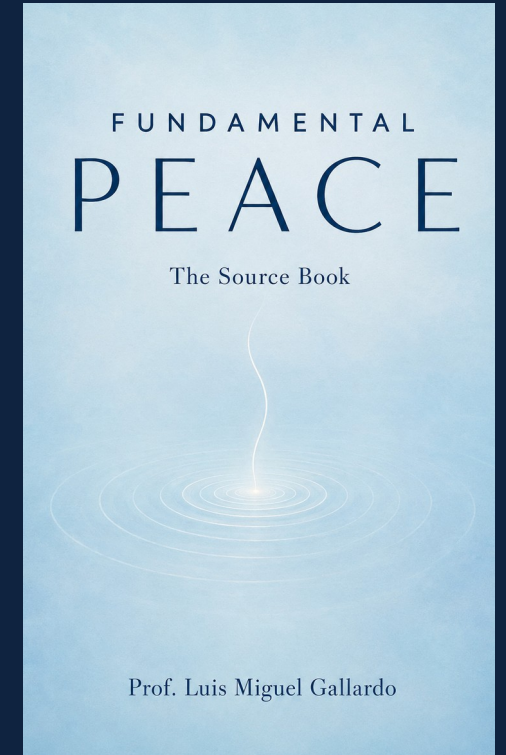
Taktsang, the Tiger's Nest



“Fundamental Peace is not the absence of pain... it is the transmutation of its energy into love and compassion.”

— Luis Miguel Gallardo

The term came to me in deep meditation at Taktsang, inspired by Thich Nhat Hanh.



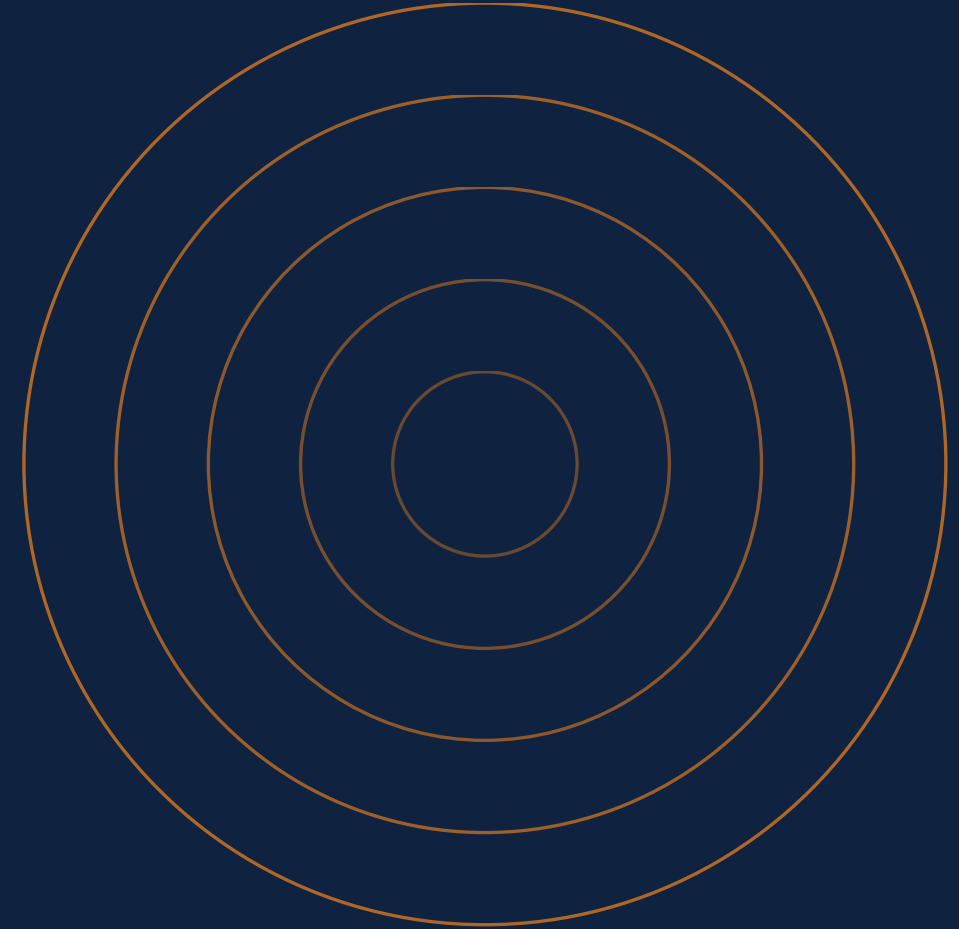
Fundamental Peace: The Source Book (2026)



PART 04

Schools of Happiness

From positive education in schools to universities of flourishing.



Schools of Happiness: positive education at scale

Classrooms where students learn to know themselves, regulate their emotions and live with purpose — supported by teachers, counsellors and leaders trained in positive education.

60,000+

Teachers of Happiness
trained — from Pinecrest,
Miami across Latin
America



Mindfulness and
breath



Emotional intelligence



Belonging circles



Compassion practice



Nature connection



Shadow → Gift →
Essence

Principle: we begin with the adults who set the emotional climate — teachers and leaders first.



Six dimensions of educational flourishing



Safe and inclusive environment

Physical and psychological safety: anyone can ask, err or differ without punishment. Beauty in shared spaces.



Relational depth

Peer and faculty mentoring, community engagement, connection across ages, roles and backgrounds.



Diverse learning experiences

Arts, languages, cultural exchange and many ways of knowing — not a monoculture of intelligence.



Wellbeing in the daily rhythm

Mindful moments, movement breaks, emotional check-ins: wellbeing as infrastructure, not an add-on class.



Service and contribution

Learning connected to real-world impact, so study becomes participation in the present.



Measurement and reflection

Track belonging, flourishing, relationships and Fundamental Peace — and learn from the results.

Four stages, co-designed with each community



The same journey applies to a school, a city, a hospital — or a university campus.

A campus of flourishing: five practical levers



Learning

Credit-bearing courses in happiness and contemplative science — e.g. the Happiness Minor at Shoolini University; the GGH program at UPEACE.



Leadership

A Chief Well-Being Officer for the campus; deans and heads trained in conscious, compassionate leadership.



Campus life

Daily rituals: a breath before class, circles, mentoring, silence, beauty and nature in shared spaces.



Research

Measure what matters: FP20 baselines, wellbeing dashboards, contemplative-science partnerships (Chair in Contemplative Sciences, Zaragoza).



Community

Students as agents of happiness: service learning, local Agoras, partnerships with Cities of Happiness.

What universities and communities are teaching us

INDIA

Shoolini University

Yogananda School of Spirituality and Happiness: a Happiness Minor taught on campus, and contemplative practice inside the curriculum.

COSTA RICA

UN University for Peace

Gross Global Happiness since 2018: leaders from many countries learning to measure and lead for flourishing.

RAJASTHAN

Jaipur Rugs artisans

Project Happiness: a daily 30–40-minute group ritual with women weavers — breath, circle, meditation, creative expression.

USA → LATAM

Pinecrest, Miami

The first City of Happiness in the US — and the seed of Schools of Happiness across Latin America.

Every graduate is a ripple



A teacher trained in this way does not only touch thirty students.

She touches their families, their future teachers and every colleague who watches her lead differently.

GNH begins in a nation.

GGH begins in every graduate.

Possibilities we could explore together

1



A campus baseline

A voluntary pilot of the Ecosystems of Happiness assessment and the FP20 with a student and faculty cohort.

2



A GNH-to-GGH module

Co-create a course uniting Bhutanese wisdom and contemplative science — shared with universities worldwide.

3



Coaching and research

Continue our coaches' work with RTC educators, and bring what we learn to REFLECT 2027.

Offered as open questions for our conversation — to be shaped by Royal Thimphu College's own priorities.

Settle. Focus. Intend. Witness. Choose.



Settle

Let the body and breath
slow down



Focus

Rest attention on the
breath at the nostrils



Intend

Choose the quality you
want to bring



Witness

Watch thoughts and
feelings pass, kindly



Choose

Take one small step back
into your day

Close your eyes, or lower your gaze. There is nothing to achieve — only something to remember.

Let us think together



What does a flourishing graduate of Royal Thimphu College look like after four years?



Which one practice could your campus begin next week?



How do we measure inner peace without reducing it to a number?



What can Bhutan teach the world's universities — and what can it learn from them?

Your questions, reflections and experiences are most welcome.

KADRINCHEY LA • THANK YOU

Educate for flourishing

10 billion free, conscious and happy people by 2050 — beginning with every student, today.

Prof. Luis Miguel Gallardo

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worldhappiness.foundation

The movement, the Academy and the Agoras

Imgallardo.org

Fundamental Peace and the FP20

worldhappinessacademy.org

Free introduction to Happytalism

