



HUMAN DECLARATION

*As the Sun of Wisdom Association and the the Sun of Humanity Foundation envisioned the initiative titled '**An Exemplary Society for a Happy World.**' Our purpose is 'to serve a peaceful and happy world formed by individuals and institutions that contribute value to nature, to society, to the advancement of humanity, and to the future.'*

We have pursued this vision with the intention and hope that it may serve not only the present and the immediate future, but also generations beyond the span of a single human lifetime.

Our work began with the conviction that:

- A **happy world** requires exemplary societies.
- A **happy society** requires exemplary institutions.
- **Exemplary institutions**, in turn, require
- **Exemplary human beings and exemplary citizens.**

*Accordingly, in alignment with the program's objectives, we sought answers to some questions, one of which is: "**What constitutes an Exemplary Human Being?**"*

The purpose of "Declaration of the Exemplary Human" is trying to explore the question: 'What does it mean to become an exemplary human being—an individual who is at peace with oneself and who contributes value to the world through thoughts and actions? (2014 - 2015)

*In essence, this declaration seeks to define **value-creating awareness.***



Human Declaration Preface

The era we live in cannot be defined solely by economic, political, or ecological crises. We are going through a much deeper transformation: a shift in mindset. The challenges we face today show that existing mental frameworks, cultural assumptions, and institutional structures are no longer sufficient—they fail to respond to the needs of individuals and societies. This inadequacy stems not from superficial system failures, but from the limitations of the structures of consciousness that determine how humans perceive, interpret, and organize the world.

It is clear that we cannot solve our problems with the current level of consciousness. The period we are in is not merely a “change of age”; it is a threshold where humanity is compelled to redefine itself, life, and the world. Many transformations have occurred throughout recorded history; yet the process we are experiencing today is a tipping point where humanity, for the first time on a collective scale, profoundly questions its own understanding of existence. This is a beginning that calls humanity to rethink itself. Because the emerging new understanding can only manifest through a HUMAN who has discovered their potential and is fully in touch with the totality of their being—a HUMAN who defines themselves not merely through ownership, roles, identity, and affiliations, but through consciousness, responsibility, and wholeness.

To be HUMAN is to transcend biological existence and the confines of limited reality, becoming a conscious being. It is a state of being in which awareness and responsibility toward the whole are present. It is the courage to perceive oneself, the “other,” and all elements of life not as separate, but as interconnected, and to build a life in alignment with this understanding.

The Sun of Humanity Foundation refers to this process as “**the journey of human to become HUMAN.**”

This Declaration has been prepared to clarify the meaning of this journey. Its purpose is to remind humanity of the potential inherent within, and to make visible the natural qualities and principles of living embodied by individuals walking this path. Transformation is not an abstract concept; it is a tangible process that begins with the inner orientation of each individual.

‘**The emerging new understanding of humanity**’ is not a model imposed from the outside; it is a consciousness that awakens from within and as a whole. The HUMAN Declaration is an invitation to this awakening.



An Exemplary Human;

- I. Asks deep questions to understand self, environment, society, life and the whole universe, shows the courage to hear and understand the answers to these questions.**
 1. Knows that being human requires serious effort, courage and having certain qualities.
- II. Knows that the journey of being human is multi-staged and endless. Keeps development continuous throughout life.**
 2. Is excited to constantly learn on his journey to grasp the truth. Internalizes what is learned and strives to incorporate it into life.
 3. day of the journey is brand new and excellent.
 4. Discovers inner potential through experience and is motivated by the desire to grow.
 5. Knows that knowledge is a tool that serves the path to self-recognition and self-realization.
 6. Does not linger on the information that is difficult to understand; in such cases, leaves the understanding to time.
 7. Knows self, makes honest self-assessment, and keeps personal development continuous in life.
 8. Gets excited about life and remains open to whatever it may bring.
 9. Knows that stumbling is a natural consequence of development. Investigates the causes, shows the intention and courage to continue the journey. Recognizes self-deficiencies, completes what can be completed and knows that what cannot be completed does not contradict self-state of being.
 10. Has liberated self from any personal story.
 11. Accepts mistakes, pays attention not to repeat them, learns from them and uses that learning in next steps.
 12. Is aware that what could be known is a drop in the ocean, prefers to be a continuous learner rather than a knower.
 13. Knows that the locomotive of growth is not coercion or direction, but 'willingness of the heart'.
 14. Serves change and development by encompassing all journeys with love.
 15. Supports individual and societal change and development.
- III. Knows that diversity is a source of richness. Recognizes harmony between differences. Values every idea and listens attentively.**
 16. Investigates truth from many sources, examines it, and tries to synthesize it.
 17. Understands that people are at different stages on the path to self-understanding and self-realization and shows them respect and love.
 18. Is not content with words alone but also feels the meaning and state beyond the words.
 19. Knows that experiencing different realities constitutes the whole.
 20. Is aware that the truth is reflected everywhere and in everyone.
- IV. Is aware of self-responsibilities. Knows that every thought and behavior has a share in shaping the future. Inspires people to take responsibility for their own lives.**



21. Is aware of the impact of words and speaks with this awareness. Assumes keeping silence, listening and “speaking with the voice of the essence” when necessary, as a responsibility.
22. First, tries to recognize self-responsibility in an event or situation. Knows that the only person you can change is yourself.
23. Cares to take the right steps at the right time.

V. Adds value to society and life by providing creative and ecological solutions. Multiplies people's hope and courage.

24. Always chooses in favor of positivity and peace. Prefers constructive approach and words. Does not linger with complaints.
25. Generates creative solutions to complicated problems. Has a clear vision. Focuses on the totality of the subject and its essence in meaning.
26. Understands complex human behaviors and approaches them positively.
27. Works with determination to raise the consciousness of life and shares discoveries with people.

VI. Respects the human journey of being ‘true human’ and personal integrity. Loves without expectation and feels all hearts within the heart of self.

28. Above all, is patient with oneself and one's own thoughts.
29. Knows that to show respect, one does not need anything other than being human. This approach forms the basis of relationships.
30. Wants people to be independent, able to make their own choices and live on their own behalf. This is what love means to them.
31. Knows that each person's thoughts and behaviors are in accordance with the reality that person lives in and does not judge.
32. Due to respect to the whole; acts with the consciousness that everyone's inner voice is their guide.
33. Knows that change will turn into development when it is nourished with love.
34. Perceives and experiences love not only as a feeling, but as a reality.
35. Makes love felt not only through words but also through behavior and demeanor.
36. Speaks in ways that reflect love as a “transformative power.”
37. Does not define oneself by family, neighborhood, city, nationality, belief, gender or any affiliation; assumes self to be a human being. Regards everyone as a member of the human family.
38. Embraces all beings with profound tolerance and compassion and without discrimination.

VII. Is reliable and trustworthy for everyone, has a strong character. Trusts in humanity eternally.

39. Has self-confidence grounded in self-knowledge. Through this self-confidence, understands humanity and strengthens trust in humanity.
40. Does not seek approval, praise, reward and recognition, is free of expectations.
41. Thoughts, words, and actions are aligned.



VIII. Knows the responsibility of being free and independent, has the strength and courage to carry it.

42. Knows that the path to truth and oneself is through freedom.
43. Seeks to understand conditioned patterns of behavior and belief; uses them when beneficial and lets them go when necessary.
44. With attained awareness, observes life beyond words, thoughts, and feelings with awareness.
45. Has become free by detaching from emotions, thoughts, confused concepts and expectations.
46. Lives within society yet can think beyond it; does not act against it. Does not see present conditions as limiting. Is free and independent.
47. Is free from presuppositions and conditioning. Assumes 'it is possible approach' as one of the most important principles of life.
48. Motivation is nourished by inner awareness, not by external pressure.
49. As being free, sets an example for everyone to be free and independent. Knows the value of freedom of choice.
50. Is flexible and aims to reach unlimited horizons of thought.
51. Lives and reflects freedom and independence gracefully.

IX. Accepts self, people, and life experiences with openness, flexibility, and compassion.

52. Makes no comment or judgment.
53. Has the courage to face and accept different dimensions of self.
54. The understanding of acceptance is not a passive one. Performs actions with acceptance, awareness and stillness.

X. Is in peace and harmony with self and surroundings. Is aware that establishing inner peace and being able to love others as much as self will also serve world peace.

55. Preserves inner stillness and inner peace under all circumstances.
56. Knows that the ego turns life into a maturing experience. Acknowledges how the system of self operates.
57. Serves a culture of reconciliation by increasing harmony and flexibility for social peace and tranquility.
58. Consciously works for inner peace and world peace.

XI. Is aware of thoughts, feelings, identities and existence. Also lives and reflects the state of existence beyond these.

59. Keeps awareness alive with the "what does this teach me?" question, in every experience.
60. Does not immediately verbalize an experience, preferring to remain silent to perceive and assimilate at a deeper level.
61. Pays nonjudgmental and uninterpreted attention to what occurs in heart, mind, body, and surroundings.
62. Has discovered the purpose of life and leads a meaningful one.
63. Has found the source of life's energy within.
64. Feels comfort and lightness in every action.



65. Knows that creative and advanced thoughts arise in still and peaceful moments.
66. Experiences life with a childlike curiosity and enthusiasm.
67. Is unhurried in life and on the path of growth; slows down when necessary.
68. With awareness of the present moment, evaluates the past accurately and shapes the future with hope.

XII. Is open to the new and the unknown. Learns from experience and can articulate.

69. Shares feelings and thoughts sincerely at the right time and in the right place.
70. Has a heart wide enough to say, "Anything is possible."
71. Shows the courage to free oneself from everything—including knowledge and experience—to make space for the new.
72. Listens to self, to people and to nature, with the heart.

XIII. Accepts purification as the way of unity. Purifies and integrates everything within self.

73. Uses pure language, pure knowledge and pure thought to describe purification. Knows that what is pure, is plain.
74. Has been purified by being independent from all selves and identities belonging to the personality.
75. Knows that it is possible to activate the infinite potential in human beings with constant purification. Assumes purification to be the most basic culture of action.

XIV. Has reached balance by integrating the mind and the heart. Serves the whole with thoughts, actions and works.

76. Has a purified heart, a clear and expectation-free mind, and integrative behavior.
77. Filters everything that has been learned and experienced through the mind and heart.
78. Always looks to be balanced in thoughts, words and behaviors.
79. Values the formation of "collective wisdom" and conducts work accordingly.
80. The mind of the whole find expression within; thinks and produces with it.
81. Acts with the awareness that there are minds within minds and hearts within hearts.

XV. Has attained the 'consciousness of the whole' by liberating self from all selves. Knows that everything is part of the whole. Sees and lives life with the 'eye of the whole'.

82. Serves the unity and the whole with full devotion, dedicated only to the unity and to the whole.
83. As one knows and realizes oneself, remembers inner integrity and recognizes being part of a greater whole.
84. Is aware of the relationship between part and whole. Knows that the whole nourishes everything—including oneself—and that the part also affects the whole. Lives with this awareness.
85. Does not separate oneself from anything; is inclusive.
86. Sees mistakes not as faults but as experiences on the path of growth and recognizes their contribution to the whole. This reflects living the whole.



87. Since living with the awareness of the whole, realizes the purpose of existence.

88. Synthesizes everything about life and evaluates it as an integrated whole.

XVI. Takes in the essence of all teachings, brings what has been assimilated into life and shares.

89. Not only shares information but also sets an example and inspiration with behaviors and approaches.

90. Has the sensitivity and intelligence to recognize the clues life offers and uses them to internalize experience.

XVII. By obliterating self, becomes a 'mortar' to the whole. Lives knowing that this is the greatest service to humanity.

91. Serves the development of humanity with the 'consciousness of being able to exist in the Essence'. Expects nothing in return.

92. Has a vision that can see not only the horizon, but beyond it. Works not for oneself but for humanity.

93. Becomes a 'mortar' to ensure unity and integrity between different ideas, understandings and approaches. values the formation of unity of hearts.

XVIII. Nurtures hope, joy and enthusiasm with ideas and actions.

94. Smiles at life with a childlike joy.

95. Recognizes the humorous aspects of life.

96. Experiences enthusiasm and joy with people.

XIX. Lives simply and plainly. Expresses the essence of the word and the word of the essence.

97. Is graceful and humble, reflecting these qualities naturally.

98. Lives a simple and ordinary life.

99. To efface self, personality, and all forms of being in service to humanity. Knows that in becoming nothing, one becomes everything.