



Exploring the personal aspects  
of the Social Norms  
and Bystander Approaches

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The  
PHILOSOPHICAL WAY  
aligning  
heart & mind

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A paradigm shift

- Social Norms Approach (SNA) and Bystander Intervention Approach (BIA)
- Quantum physics
- Microcosmos vs. Macrocosmos
- Transpersonal psychology
- The imponderable: soul, inner self, nous, etc.

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### What is the HEART?

- Our values and core beliefs
- A physical organ which is also an organ of knowledge/wisdom
- The presence of the “soul”/ “essence” in the personality
- A channel for a higher intelligence

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### What is MIND?

- The mind expresses itself in two ways: concrete and abstract
- It has the power to analyze and deduce
- It has the ability to mirror intuitive and spiritual energies

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### SNA: the philosophical way

- What is the norm?
- What is normal?
- Misperceptions
- Inner vs. outer
- Aligning values with actions
- The transformation process and its phases

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### BIA: the philosophical way

- Arises from a need within a person  
*"to do the right thing"*
- What is right?
- What is the *"right thing"*?
- Being a bystander to yourself

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### Who is the elder?

*A human being:*

- in evolution as you and me
- who has wisdom based on life experience
- who is facing deeper spiritual issues of life,  
such as death

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### Who are YOU?

- S/he who has the power
- A multifaceted being
- S/he who wants *"to do it right"*
- S/he who has a role to play in the society  
where you live
- S/he who wants to make a difference
- S/he who wants to be her/himself

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## Who is the Bystander?

Characteristics:

- Ignorance
- Disconnection
- Non-action

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## From Bystander to Philosopher

- The social being
- The individual being
- The vertical vs. horizontal perspective

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## The Philosopher

- Inspired actions
- Changing the world vs. changing yourself
- The power of example

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## Exercise

Think of an event in which you:

**did vs. did not**  
act in harmony with yourself.

- What happened?
- How did this affect others?  
*(personally, family wise, culturally, environmentally, etc.)*

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## Conclusion

- The SNA and BIA can be applied philosophically
- The human being has an inner aspect which is reflected in the process of social norms and the bystander intervention approach
- SNA and BIA may lead to inner transformation
- The SNA and BIA must be brought into alignment with paradigm shifts in other disciplines (e.g. physics; psychology)
- The internal and external environments influence each other reciprocally

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## Thank you!

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