**The Brief on Handbook of Inspiration Economy**

**By Dr Mohamed Buheji – coming Feb 2016**

[This first Handbook on Inspiration Economy comes in a time where the world is changing very fast in terms of its speed, challenges, development and opportunities.](#_Toc437370557) The author and founder of the concept, Dr Mohamed Buheji, first discusses the essence of having a handbook dedicated [to Inspiration-based Economy](#_Toc437370559). The book discusses the h[istory of inspiration, then discusses](#_Toc437370562) i[nspiration as an important life asset, away from being a supernatural source](#_Toc437370564). Then, the characteristics of [inspiration creator are explored in detail.](#_Toc437370565) This handbook also sets a reference between i[nspiration from perspiration to creativity](#_Toc437370566) and innovation. [Levels of 'Inspiration Cultures' are discussed. This is followed by a discussion of the role of](#_Toc437370568) [inspiration in creating better life insight.](#_Toc437370569)

[The handbook tries to create, realise, and visualise the demands for Inspiration Economy (IE) and list them](#_Toc437370571) [in relevance to IE, i.e. how inspiration affects the socio-economy, Quality of Life](#_Toc437370577) [and Social Cohesion.](#_Toc437370578) Dr Buheji sets new terms in relevance to [“Inspiration Assets” and](#_Toc437370580) "[Spirit of Inspiration in Research"](#_Toc437370587), "[Practices of an Inspiration Economy"](#_Toc437370591), "[Inspiration Economy Mind-set](#_Toc437370596)", "[Economics of Inspiration".](#_Toc437370601)

The author dedicates a full c[hapter for understanding the relations between 'Economy and Psychology'](#_Toc437370604), in relevance to many important areas to socio-economy stability and sustainability as t[he Feelings, the h](#_Toc437370607)[appiness](#_Toc437370608), the [Life Satisfaction,](#_Toc437370609) [the Economics of Perfection](#_Toc437370611) and [the Economics of Wellbeing.](#_Toc437370612)

[Hormones of Inspiration are briefly discussed in relation to](#_Toc437370615) the [Economic Approaches and Social Psychology](#_Toc437370616) along with the [Inspiration Insight and Positive Affects](#_Toc437370617).

[Strong focus was on Inspiration Economy Enablers whether these arerepresented in the IE](#_Toc437370618) [Sources or IE processes. Studies on](#_Toc437370619) [the relation of these enablers and education, experience, humbleness, or human giving and inspiration are presented.](#_Toc437370621)

[Inspiration Labs©, a technique](#_Toc437370627) that was developed by Dr Buheji, is briefly discussed here to improve the o[rganizational and business design](#_Toc437370628). The handbook shed a light on the relation of s[tyle of Learning, ability to focus and Inspiration](#_Toc437370632). The relation between balanced life[, empowerment and](#_Toc437370635) the creation of [positive inspirational practices and policies are also discussed.](#_Toc437370636)

The book if full of case studies and examples in relevance to how to create or what to avoid in the journey towards optimising inspiration role in our daily lives. Subjects as Lifelong learning, youth, women, the disabled and [religion](#_Toc437370640) are studied from perspective of inspiration. New best practices as a[ppreciative enquiry,](#_Toc437370643) [analogical thinking](#_Toc437370644) are studied to see how organisations get inspired. [As with any other theory the inspiration economy focus](#_Toc437370651)es on specific tools and start with setting a generic life plan and then shift towards using s[cientific method’s role in Creating Waves of Inspiration.](#_Toc437370657) This handbook also sheds light on the [Characteristics and Measures of](#_Toc437370674) inspiration including the [characteristics of Inspired People. The book puts the seeds for](#_Toc437370676) an [Inspiration Economy Global Index](#_Toc437370682) including the IE indicators and scales of maturity.

[Inspiration Economy and Future Competing Economies](#_Toc437370708) are discussed also as a comparative study with the different contemporary economic theories or those frameworks that address the similar aims. Then [management of Inspiration Projects and Initiatives](#_Toc437370709) are discussed. [Inspiration and the Transition,](#_Toc437370711) the service, the knowledge, the learning, the entrepreneurial, the homo, the purple, experiential economies are discussed. Lots of space is given for reviewing the role of [Inspiration Economy with Wellbeing and the Genuine Wealth Economy](#_Toc437370719), the Empathetic Economy, and the Happiness Economy as an expected alternatives or supporting forces for future IE. The author and publishers hope the concept of Inspiration Economy inspires you!



*Handbook of Inspiration Economy*

*A Comprehensive Handbook - In search for the uprising of Inspiration Economy*

*A Journey towards Inspiration and keeping inspirational spirit for life*

*Written by:*

*Mohamed Buheji, Phd*

*Edited by*

*Brychan Thomas, Phd*

*We thank all those that expressed their interest in contributing to this handbook, but couldn't do so due to limitation of time and we promise that the next series would cover more collaborative work from leading Scholars in the different disciplines and from all the continents – representing the latest thoughts, practices, initiatives, projects and research in relevance to the field of Inspiration Economy. Also, we would like to thank those who manage to contribute some important Inspiration economy practices or thoughts and where their names are mentioned in beginning of the chapter.*

*Cover of the Book Photo & Design by- Abdulla Mohamed Buheji,*

*(Photo taken from Dajti mountain – Albania)*

**For further information please contact:**

Dr Mohamed Buheji buhejim@gmail.com , Tel +973-33388150

Personal Website: [www.buheji.com](http://www.buheji.com)

Organisation Website: [www.inspirationeconomy.org](http://www.inspirationeconomy.org/)

**Table of Contents**

[Preface 9](#_Toc439585672)

[Chapter One – Introduction to Handbook of Inspiration Economy 10](#_Toc439585673)

[Brief Introduction about Inspiration Economy Handbook 10](#_Toc439585674)

[Why a Handbook on Inspiration based Economy? 12](#_Toc439585675)

[Economic Systems & Inspiration Economy 14](#_Toc439585676)

[What is Inspiration Economy? 15](#_Toc439585677)

[History of inspiration 16](#_Toc439585678)

[Synopsis of Inspiration Literature 16](#_Toc439585679)

[Inspiration as a Supernatural Source 18](#_Toc439585680)

[Inspiration Creators (Ibn Khaldun as a model) 19](#_Toc439585681)

[Inspiration from Perspiration to Creativity 22](#_Toc439585682)

[Relation between Innovation and Inspiration 24](#_Toc439585683)

[Levels of Inspiration Cultures 25](#_Toc439585684)

[Inspiration and Insight 25](#_Toc439585685)

[Future Studies 27](#_Toc439585686)

[Chapter Two – Demands for an Inspiration Economy 29](#_Toc439585687)

[Society Demands & Inspiration 29](#_Toc439585688)

[Inspiration and Human Dignity 29](#_Toc439585689)

[Inspiration - from Impact to Influence 30](#_Toc439585690)

[Need for Socialisation and IE 31](#_Toc439585691)

[From Supply to Capacity vs. Demand 32](#_Toc439585692)

[Inspiration and Quality of Life 33](#_Toc439585693)

[Inspiration and Social Cohesion 35](#_Toc439585694)

[Market Failure and Social Dilemmas 36](#_Toc439585695)

[Role of “Inspiration Assets” in our society today 37](#_Toc439585696)

[Restructuring the Economy with Inspiration 39](#_Toc439585697)

['Creative Class' and Inspiration Economy 41](#_Toc439585698)

[Full World and Inspiration Economics 41](#_Toc439585699)

[Why an Inspiration based Economy is needed? 43](#_Toc439585700)

[The Power of Ideas Spill Over 45](#_Toc439585701)

[The challenge of Operationalizing Inspiration. 45](#_Toc439585702)

[Spirit of Inspiration in Research 46](#_Toc439585703)

[Chapter Three – Foundations & Principles of 'What is an Inspiration Economy?' 48](#_Toc439585704)

[What is Inspiration? 48](#_Toc439585705)

['Growth vs. Development' and the Inspiration Economy 50](#_Toc439585706)

[Practices of an Inspiration Economy 52](#_Toc439585707)

[Psychology and the economy 52](#_Toc439585708)

[Inspiration through understanding the Socio-Economy 54](#_Toc439585709)

[Social Desirability and Inspiration 55](#_Toc439585710)

[Lifelong Learning as a source of Inspiration 56](#_Toc439585711)

[Inspiration Economy Mind-set 57](#_Toc439585712)

[Inspiration Economy vs. Social Behaviour 60](#_Toc439585713)

[Social Innovation and the Inspiration Economy 61](#_Toc439585714)

[Inspiration and Productivity 63](#_Toc439585715)

[International Inspiration Economy Programme 65](#_Toc439585716)

[The Economics of Inspiration 67](#_Toc439585717)

[Youth and students in an Inspiration Economy 71](#_Toc439585718)

[Framework of an Inspiration driven economy 72](#_Toc439585719)

[Chapter Four– Understanding the relations between 'Economy and Psychology' 74](#_Toc439585720)

[Economics and Psychology 74](#_Toc439585721)

[Brain Inspirational Activities 78](#_Toc439585722)

[The Feeling Economy 79](#_Toc439585723)

[Happiness and Inspiration 80](#_Toc439585724)

[Economy of Life Satisfaction 81](#_Toc439585725)

[Inspiration and Psychology 82](#_Toc439585726)

[Inspiration and the Economics of Perfection 85](#_Toc439585727)

[Inspiration and the Economics of Wellbeing 86](#_Toc439585728)

[Feelings of Inspiring Others 88](#_Toc439585729)

[Inspiration vs. Established Concepts 89](#_Toc439585730)

[Hormones of Inspiration 90](#_Toc439585731)

[Economic Approaches and Social Psychology 94](#_Toc439585732)

[Inspiration Insight and Positive Affects 95](#_Toc439585733)

[Chapter Five – Inspiration Economy Enablers 98](#_Toc439585734)

[Sources of Inspiration 98](#_Toc439585735)

[Inspiration as a process 101](#_Toc439585736)

[Between Experience and Inspiration 102](#_Toc439585737)

[Humbleness with Objectivity as Secrets of inspiration 103](#_Toc439585738)

[Inspiration in Higher Education 106](#_Toc439585739)

[Education in an Inspiration Economy 108](#_Toc439585740)

[Inspiration through Arts and Humanities 110](#_Toc439585741)

[Inspiration through the art of Giving 111](#_Toc439585742)

[Inspiration Labs © 111](#_Toc439585743)

[Organizational and Business Design and the IE 117](#_Toc439585744)

[Inspirational Leadership 117](#_Toc439585745)

[Ideation importance to the economy 119](#_Toc439585746)

[Evolution of Inspiration Economy 121](#_Toc439585747)

[Style of Learning and Inspiration 122](#_Toc439585748)

[Inspiration and the ability to Focus 124](#_Toc439585749)

[Balanced Life as a source of Inspiration 126](#_Toc439585750)

[Inspiration through Empowerment 126](#_Toc439585751)

[Positive inspirational policies 127](#_Toc439585752)

[Blockages towards inspiration 129](#_Toc439585753)

[Inspiration and Lifelong Learning 130](#_Toc439585754)

[Inspiration of Women and the Economy 131](#_Toc439585755)

[Can Religions be a source of Inspiration? 133](#_Toc439585756)

[Sources of Inspiration 134](#_Toc439585757)

[Best Inspiration Time - Youth 134](#_Toc439585758)

[Appreciative Enquiry as a source of inspiration 135](#_Toc439585759)

[Analogical thinking role in an Inspiration Economy 136](#_Toc439585760)

[Inspiration Economy and Blooms Thinking 140](#_Toc439585761)

[Inspiration out of needs 143](#_Toc439585762)

[Role of Lifelong Learning in Inspiration 145](#_Toc439585763)

[Inspiration through effective Partnership 147](#_Toc439585764)

[Understanding the minds of the inspired 148](#_Toc439585765)

[How Smart Organisations Turn on Inspiration 149](#_Toc439585766)

[Chapter Six – Tools & Instruments of Inspiration Economy 150](#_Toc439585767)

[Know what is your Value in the Market? 150](#_Toc439585768)

[Inspiration needs a generic Life Plan 151](#_Toc439585769)

[Inspiration and Pressure of Life 152](#_Toc439585770)

[Towards an Economy that establishes a 'Quality of Life' 153](#_Toc439585771)

[Inspiration Economy - India as an example 155](#_Toc439585772)

[Scientific Method’s role in Creating Waves of Inspiration 156](#_Toc439585773)

[How to create inspiration? 158](#_Toc439585774)

[Inspiration Mentorship 161](#_Toc439585775)

[Spirit of Inquiry and Inspiration 162](#_Toc439585776)

[Unique Inspiration needs a real challenge 163](#_Toc439585777)

[Inspiration before Retirement 166](#_Toc439585778)

[National Volunteers Programme and Inspiration 167](#_Toc439585779)

[Self-Control and an Inspiration Economy 168](#_Toc439585780)

[Inspiration: Moving from Involvement to Engagement 169](#_Toc439585781)

[The Art of creating Inspiration 174](#_Toc439585782)

[Innovation and Inspiration – 'eco-systems' 174](#_Toc439585783)

[Practicing Inspiration – Seeing the Pig Picture 175](#_Toc439585784)

[The 'Design Thinking' role in an Inspiration Economy 177](#_Toc439585785)

[Measuring Inspirational Learning of Organisations 178](#_Toc439585786)

[The Power of Focused Thoughts 179](#_Toc439585787)

[Inspiration Economy and Profound Knowledge 181](#_Toc439585788)

[Ecoremediations as a source for Inspiration Economy 182](#_Toc439585789)

[Chapter 7 – Characteristics & Measures of an Inspiration Economy 189](#_Toc439585790)

[Inspiration as a Motivator 189](#_Toc439585791)

[Characteristics of Inspired People 190](#_Toc439585792)

[Inspiration as a source of legacy 192](#_Toc439585793)

[Inspiration as a process 194](#_Toc439585794)

[Synergetic Practices and the Inspiration Process 195](#_Toc439585795)

[Between Experience and Inspiration 196](#_Toc439585796)

[Humbleness with Objectivity as Secrets of inspiration 197](#_Toc439585797)

[Inspiration Economy Global Index 199](#_Toc439585798)

[The Inspiration Economy Global Index (IEGI) 200](#_Toc439585799)

[The Literacy of Inspiration 201](#_Toc439585800)

[Concept and Ideas Generation 204](#_Toc439585801)

[Inspiration as a source of influence 205](#_Toc439585802)

[Inspiration Economy Indicators 206](#_Toc439585803)

[Capturing Moments of Inspiration 209](#_Toc439585804)

[Inspiration Forms, Frequency and Intensity 210](#_Toc439585805)

[Anatomy of Inspiration 211](#_Toc439585806)

[Inspiration Scale 212](#_Toc439585807)

[Measures of an Inspiration Economy’s Maturity 215](#_Toc439585808)

[Ethics of an Ecological Economy 215](#_Toc439585809)

[Chapter Eight – Outcomes of an Inspiring Economy 217](#_Toc439585810)

[Inspired Communities 217](#_Toc439585811)

[Inspiration Economy and Agility 217](#_Toc439585812)

[Inspiring Organisations 218](#_Toc439585813)

[Social Entrepreneurship and an Inspiration Economy 221](#_Toc439585814)

[Heritage and Inspiration 222](#_Toc439585815)

[Inspiration Shaping Change in Our Societies 223](#_Toc439585816)

[Inspiration with Aging Societies 224](#_Toc439585817)

[People’s wellbeing and Inspiration performance 225](#_Toc439585818)

[Inspiring Governments 227](#_Toc439585819)

[Inspiration and Resilience 229](#_Toc439585820)

[Benefits of an Inspiration Based Economy 231](#_Toc439585821)

[Inspiration leads to Innovation and Creativity 232](#_Toc439585822)

[Inspiration’s influence on NPOs 237](#_Toc439585823)

[Chapter Nine – Inspiration Economy and Future Competing Economies 238](#_Toc439585824)

[Management of Inspiration Projects and Initiatives 238](#_Toc439585825)

[A Holistic Approach and Inspiration 239](#_Toc439585826)

[Inspiration and the Transition economy 239](#_Toc439585827)

[Inspiration and the Service Economy 240](#_Toc439585828)

[Inspiration and the Knowledge Economy 241](#_Toc439585829)

[Inspiration and the Learning Economy 243](#_Toc439585830)

[Inspiration and the Entrepreneurial Economy 244](#_Toc439585831)

[Inspiration and the Homo Economy 245](#_Toc439585832)

[Inspiration and the Purple Economy 246](#_Toc439585833)

[Inspiration and the Experience Economy 247](#_Toc439585834)

[Inspiration, Wellbeing and the Genuine Wealth Economy 249](#_Toc439585835)

[Inspiration Economy and Neuroconomy 251](#_Toc439585836)

[Inspiration and the Empathetic Economy 251](#_Toc439585837)

[Inspiration and Gamification 253](#_Toc439585838)

[Inspiration and the Happiness Economy 254](#_Toc439585839)

[Inspiration Economy and Future Generations 256](#_Toc439585840)

[Inspiration Economy and Holistic thinking 257](#_Toc439585841)

[Inspiration and Economic dynamics 258](#_Toc439585842)

[Inspiration Programme Initiatives 259](#_Toc439585843)

[Capitalising on Inspiration 261](#_Toc439585844)

[Future of the Inspiration Economy 261](#_Toc439585845)

[Final Note 264](#_Toc439585846)

[References 271](#_Toc439585847)

[Appendix 292](#_Toc439585848)

[Introduction to International Institute of Inspiration Economy 292](#_Toc439585849)

[What is Inspiration Economy for IIIE? 293](#_Toc439585850)

[Establishment of International Institute of Inspiration Economy 294](#_Toc439585851)

[Sample of an "Inspiration Labs©" Introductory Workshop 294](#_Toc439585852)

[A brief about the Author 300](#_Toc439585853)