A Global Learning Community
of
Conscious, Caring, Compassionate, Collaborative, Co-creative People
for
Earth, Humanity & Future Generations

With patience,
persistence, inner-peace, self-compassion,
daily action on our values, and some healthy fun,
we make steady progress
😊
Circle of Creatives for Earth

- First Sunday of each month, 12 noon EST on Zoom.
- A monthly support group and global learning community for people who love Earth and care deeply about humanity and future generations.
- Acknowledge your Earth grief, heal your heart, nurture your vision and creative imagination.
- Create a practice to feel inner-peace, love, happiness and good humor, while working for justice and sustainability.
- Join this monthly check-in for Global Transformationalists supporting Doughnut Economics.
- Tell friends and colleagues of this healing and nurturing Circle of Creatives for Earth with Sandy Hinden, author of the free Guidebook for Person & Planet.

You Can Register Here
Our Format

Our format helps us create meaningful, supportive conversation:

**First Pass up to 5 minutes each:**
1. Member personal check-in.
2. What's new, how are you feeling, what's going on in your world that you would like to share?

**Second Pass up to 5 minutes each:**
1. Member topics, projects or agendas you are working on.
2. What's going on in the networks you are a part of?
3. Do you have any needs, requests or asks for the group or others?
4. Announcements, sharing information.
1. Humans don’t seem to be evolving.
2. China, Russia and the US are building-up their military and competing.
3. Hackers are disrupting systems.
4. The biosphere is deteriorating, causing climate difficulties.
5. We need to evolve rapidly.
6. People’s mind are not developing.
7. Corporations are just seeking profits.
8. What are we going to do?
9. How to get from science & technology to policy, politics & economics?
10. We can continue in our learning & support community with appreciation for ourselves and each other.
Guidebook for Person & Planet
A Better World for All

Body, Emotions, Mind
Society, Economics & Sustainability
Earth & Humanity

Develop a Practice for Peace, Love & Happiness Each Day
Be the Peace You Want to See in the World
Create Justice & Sustainability

Sandy Hinden
# Circle of Creatives for Earth - Global Community

<table>
<thead>
<tr>
<th><strong>Person &amp; Planet Guidebook</strong></th>
<th><strong>Free on my website</strong></th>
<th>This free guidebook is for healing and liberation of us all and Earth. I hope you will widely distribute it to family, friends and colleagues.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monthly Zoom Meeting</strong></td>
<td>First Sunday, 12 Noon, EST, free</td>
<td>Connect with other great, caring, creative people for Earth &amp; humanity.</td>
</tr>
<tr>
<td><strong>Global Learning Community Newsletter</strong></td>
<td>Quarterly, free</td>
<td>Receive the email Inner Peace &amp; Outer Justice Global Community quarterly news.</td>
</tr>
<tr>
<td><strong>Learning Community Adventure</strong></td>
<td>15 Weeks on Zoom</td>
<td>To participate in a meaningful exploration with 15 caring people for 15 weeks on Zoom, the fee is $150 for the 15 sessions. Send me your name and email to be put on the list for beginning the next learning community. We will begin our journey when 15 people are registered.</td>
</tr>
<tr>
<td><strong>Global Conference</strong></td>
<td>Annual, free</td>
<td>Each year, we will host a free Global Community Conference on Zoom.</td>
</tr>
<tr>
<td><strong>Gift of Support</strong></td>
<td>Anytime</td>
<td>I hope you enjoy this Guidebook for Person &amp; Planet. As people can support an artist with a personal gift as a patron, I appreciate any support for my helping people and the world through PayPal. You can see my bio, a list of my work for people and planet, and some references on the next pages.</td>
</tr>
</tbody>
</table>
Guidebook for Person & Planet

Topics

1. Mindful Meditation & Mindful Journaling & Vision Board
2. Compassionate Communication, Conscious Relationship
3. Happiness Hormones, Laughter & Good Humor 😊
4. Inner Wisdom & Timeless Sacred Qualities
5. Letting Go of What You Don’t Need for What You Do Need
6. Detoxing from Cortisol & Adrenaline Addiction from News, Social Media & Politics
7. Self-Compassion, Self-Love, Self-Kindness
8. Allowing Yourself to Feel Gratitude, Happiness & Healthy Fun
9. Positive Interests & Activities
10. Is Your Career, Goal, Purpose or Bucket List on Track?
11. Peace with Justice for a Sustainable, Creative World
12. The Beloved Within, In Others, In Community, In Creation
13. From Gangs to Learning Communities
14. Economics for Peace Justice & Sustainability
15. The Quest Journey
PERSON
Maslow’s Needs Hierarchy

- **Physical Needs**: Air, water, food, shelter, sleep, clothing, pleasure, reproduction
- **Safety Needs**: Personal security, employment, resources, health, peace
- **Love & Belonging Needs**: Friendship, intimacy, family, a sense of connection, compassion, community
- **Esteem Needs**: Self-respect, self-esteem, respect from others, appreciation
- **Self-Actualization Needs**: Purposeful effort to develop and use one’s talents and potentials
- **Transcendence & Generative Needs**: Freedom, Meaning, Purpose, Direction, Creativity, Intellectual & Aesthetic Fulfillment

What we value and seek may come from our needs
According to Max-Neef the fundamental needs of humans are:

- subsistence
- protection
- affection
- understanding
- participation
- leisure
- creation
- identity
- freedom

Max-Neef further classified Satisfiers, ways of meeting needs:

<table>
<thead>
<tr>
<th>Satisfiers of Needs</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Violators</td>
<td>Claim to be satisfying needs, yet in fact make it more difficult to satisfy a need.</td>
</tr>
<tr>
<td>Pseudo Satisfiers</td>
<td>Claim to be satisfying a need, yet in fact have little to no effect on really meeting such a need.</td>
</tr>
<tr>
<td>Inhibiting Satisfiers</td>
<td>Over-satisfy a given need, while seriously inhibiting the possibility of satisfaction of other needs.</td>
</tr>
<tr>
<td>Singular Satisfiers</td>
<td>Satisfy one need only. Neutral to the satisfaction of other needs.</td>
</tr>
<tr>
<td>Synergistic Satisfiers</td>
<td>Satisfy a given need, while simultaneously contributing to the satisfaction of other needs.</td>
</tr>
<tr>
<td>Unevolved</td>
<td>Evolved</td>
</tr>
<tr>
<td>----------------</td>
<td>-----------------------------</td>
</tr>
<tr>
<td>Disconnected</td>
<td>Earth Friendly</td>
</tr>
<tr>
<td>Egotistical</td>
<td>Conscious, Aware, Mindful</td>
</tr>
<tr>
<td>Bitter</td>
<td>Appreciative</td>
</tr>
<tr>
<td>Uncaring</td>
<td>Empathetic, Compassionate</td>
</tr>
<tr>
<td>Competitive</td>
<td>Collaborative</td>
</tr>
<tr>
<td>Rigid</td>
<td>Co-creative</td>
</tr>
<tr>
<td>Chaotic</td>
<td>Organized</td>
</tr>
<tr>
<td>Malevolent</td>
<td>Benevolent</td>
</tr>
</tbody>
</table>
PLANET
## Contextual Understanding of Earth & Humanity

<table>
<thead>
<tr>
<th>Contextual Area</th>
<th>Contextual Item</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time</strong></td>
<td>The universe is 13.7 billion years old. The Earth is 4.5 billion years old.</td>
</tr>
<tr>
<td><strong>Space</strong></td>
<td>70 billion trillion stars in the universe. 100 million stars in the average galaxy.</td>
</tr>
<tr>
<td><strong>Population</strong></td>
<td>Humans have been evolving for 200,000 years.</td>
</tr>
<tr>
<td></td>
<td>About 50,000 years ago humans became smarter.</td>
</tr>
<tr>
<td></td>
<td>2000 years ago, there were about 70 million humans on Earth.</td>
</tr>
<tr>
<td></td>
<td>It took 200,000 years to reach 1 billion in 1800.</td>
</tr>
<tr>
<td></td>
<td>In the next 200 hundred years, humans jumped to 6 billion in 2000.</td>
</tr>
<tr>
<td></td>
<td>We now add a billion every 15 years. Estimate: 9 billion by 2050, 11 billion by 2100.</td>
</tr>
<tr>
<td><strong>Resources</strong></td>
<td>For all to live like people in America we need 4.5 planets of resources</td>
</tr>
<tr>
<td><strong>Technology</strong></td>
<td>In 200 years, industry has created a Greenhouse effect of heating the air and water, causing super-fires, super-storms, severe weather, ice melting and rising seas.</td>
</tr>
<tr>
<td></td>
<td>Carbon dioxide (CO2) from burning fossil fuels (oil / coal) and burning forests for agricultural land.</td>
</tr>
<tr>
<td></td>
<td>Methane (CH4) from waste decomposition in landfills, agriculture and especially rice cultivation, digestion and manure management associated with domestic livestock.</td>
</tr>
<tr>
<td></td>
<td>Nitrous oxide (N2O) from fertilizer is 300 times more effective at trapping heat in the atmosphere than carbon dioxide.</td>
</tr>
<tr>
<td><strong>Systems</strong></td>
<td>Earth is the only living planet in the solar system.</td>
</tr>
<tr>
<td></td>
<td>We need to evolve our systems to save Earth from biospheric collapse.</td>
</tr>
<tr>
<td><strong>Power</strong></td>
<td>$3.5 trillion spent each year on militarization, weapons systems, espionage, surveillance, police and prisons to control humans. Autonomous killing machines are being invented.</td>
</tr>
<tr>
<td></td>
<td>All UN Security Council permanent members and other countries compete to sell weapons.</td>
</tr>
<tr>
<td><strong>Economics</strong></td>
<td>30% own 97% of world wealth, 70% own 2.7% with no access to investments.</td>
</tr>
<tr>
<td></td>
<td>This causes stress as prices rise for housing, food, healthcare and education.</td>
</tr>
<tr>
<td></td>
<td>We need reallocation of world resources to create Earthcare, Human Development, Social Stability and Infrastructure, Sustainable Economics, Doughnut Economics.</td>
</tr>
</tbody>
</table>
Maturation of a Global Civilization

Childhood
- Birth of a Civilization
  - Pre-Industrialization
  - Nature in Balance
  - Earth Wisdom

Adolescence
- Growth of a Civilization
  - Using the Planet’s Carbon Resources to Fuel Industrialization
  - Climate Change
  - Selfish Denial of Climate Change
  - Autonomous Killing Machines
  - Destroy Democracy & Civilization

Maturity
- Becoming Conscious & Mature
  - Developing Greater Character, Compassion, Wisdom and Ethics
  - Developing a Sustainable Civilization

Economics of Greed
- Die-off, Extinction

Sustainable Economics
The World Is Created from Within

Problems of the world emanate from the malevolent core of leaders in governments, businesses and religions.

Solutions come from the benevolent core of humanity and leaders.

PERSONAL
Evolution of Consciousness, Psychological, Philosophical, Religious, Moral, Ethical, Values, Character
Malevolence, Benevolence

SOCIAL

POLITICAL - POLICY

ECONOMIC

ENVIRONMENTAL
<table>
<thead>
<tr>
<th>Highly Dysfunctional Mind</th>
<th>Highly Functional Mind</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greedy Oligarchs in Many Nations</td>
<td>Doughnut Economics</td>
</tr>
<tr>
<td>Fascist Nationalists</td>
<td>Climate Activists</td>
</tr>
<tr>
<td>Religious Fanatics</td>
<td>Bioregeneration Projects</td>
</tr>
<tr>
<td>Militarists</td>
<td>Global Peacemaking</td>
</tr>
<tr>
<td>Unaware they are dysfunctional</td>
<td>Mindfully aware of self and society</td>
</tr>
<tr>
<td>Egotistic</td>
<td>Humility</td>
</tr>
<tr>
<td>Obsessively competitive</td>
<td>Collaborative</td>
</tr>
<tr>
<td>Self-centered, selfish</td>
<td>Compassionate</td>
</tr>
<tr>
<td>Controlling</td>
<td>Empowering</td>
</tr>
<tr>
<td>Hating</td>
<td>Kind</td>
</tr>
<tr>
<td>Violent</td>
<td>Helpful</td>
</tr>
</tbody>
</table>
Global Demilitarization through National Military Budget Reductions of 5% a Year

- Earth Care
- Human Development & Evolution
- Social Evolution
- Infrastructure for Peace & Sustainability

Enlightened People, Thriving Families, Creative Communities, Worker-Owned Cooperatives, Regional Integrated Cooperation, International Peace, Sustainable Planet

Global Treaty Banning Autonomous Killing Machines

Commonwealth for Earth & Humanity
Economics for Peace & Sustainability

Peace with Justice
Doughnut Economics is a visual framework for sustainable development – shaped like a doughnut or lifebelt – combining the concept of planetary boundaries with the complementary concept of social boundaries.

The name derives from the shape of the diagram, a disc with a hole in the middle.

The center hole of the model depicts the proportion of people that lack access to life’s essentials (healthcare, education, equity and so on) while the crust represents the ecological ceilings (planetary boundaries) that life depends on and must not be overshot.

We need to balance Human Needs and Earth’s Needs.
Beyond the boundary

Boundary not quantified
Expanding Empathy, Compassion, Concern, Care
1. The following three slides explain why it seems like younger people can’t get through to older people. It is not just old and young.
2. It is perceptions, values, knowledge and agendas.
3. We are all essentially living in different reality bubble-paradigms... different worlds.
4. Imagine us trying to explain what we are doing to the Taliban... like we come from different planets... 😊
5. That is the extreme...
6. I have friends here in the US who have no clue what I am doing... I don’t even try to communicate what I am working on to them.
7. I am still trying to figure out what to do... this is not an easy challenge to overcome.
The percentages are estimates.

Entrepreneurs may overestimate their market, and underestimate the resources need to reach their market.
### Caring About Others

- The percentages are estimates.
- About 30% of people are holding back humanity’s progress towards wellbeing.
- They thwart progress and cause crime and corruption.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td>Caring</td>
</tr>
<tr>
<td></td>
<td>Care about the wellbeing of all and nature</td>
</tr>
<tr>
<td>20%</td>
<td>Small Circle</td>
</tr>
<tr>
<td></td>
<td>Care about their collaborators</td>
</tr>
<tr>
<td>50%</td>
<td>Reciprocal</td>
</tr>
<tr>
<td></td>
<td>Care about family, friends and others who care about them</td>
</tr>
<tr>
<td>20%</td>
<td>Transactional</td>
</tr>
<tr>
<td></td>
<td>Care only about others who serve their needs</td>
</tr>
<tr>
<td>10%</td>
<td>Hostile</td>
</tr>
<tr>
<td></td>
<td>Don’t care about and hostile toward many others</td>
</tr>
</tbody>
</table>
Each group has a shared language, belief, values, selective perception and community – a paradigm-reality bubble. They may distrust the others and have a hard time communicating with people in other groups.

Transformationalists – Spiritual-Cultural Creatives -- Regenerative Culturists are the newest mind-set.

**Different Psychological-Social-Political Realities**

<table>
<thead>
<tr>
<th>LEFT AGENDA</th>
<th>CENTRIST AGENDA</th>
<th>RIGHT AGENDA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women’s Right to Choose</td>
<td>Prosper by Playing the Game Well</td>
<td>Anti-Abortion, Right-to-Life</td>
</tr>
<tr>
<td>Migration for Work and Peace</td>
<td>Maintain the Status Quo</td>
<td>Anti-Immigration</td>
</tr>
<tr>
<td>Regulation and Higher Taxes for Health, Education, Infrastructure and Earth Care</td>
<td>Celebrity Lifestyles Worship</td>
<td>Lower Regulation, Taxes and the Size of Government</td>
</tr>
<tr>
<td>Social and Economic Justice for People of Color</td>
<td>Sports Obsession</td>
<td>Rights and Jobs for Whites</td>
</tr>
<tr>
<td>Social and Economic Justice for All Genders &amp; Sexual Orientation</td>
<td>Materialism &amp; Showing-Off</td>
<td>Strengthen the Traditional Family</td>
</tr>
<tr>
<td>Gun Safety Right</td>
<td>Superficial Conversation</td>
<td>Gun Ownership Right</td>
</tr>
</tbody>
</table>

**TRANSFORMATIONALISTS – SPIRITUAL-CULTURAL CREATIVES – REGENERATIVE CULTURISTS**

<table>
<thead>
<tr>
<th>Higher self</th>
<th>Common good</th>
<th>Seeking wisdom, collective wisdom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Higher consciousness</td>
<td>Shared abundance</td>
<td>Inner-peace, inner-happiness</td>
</tr>
<tr>
<td>Compassionate communication</td>
<td>Care for nature</td>
<td>Gratitude, conviviality</td>
</tr>
<tr>
<td>Wellness, wellbeing</td>
<td>Sacred Earth</td>
<td>Universal loving-kindness</td>
</tr>
<tr>
<td>Actualizing full human potential</td>
<td>Collaboration for problem-solving</td>
<td>Evolutionary Learning Communities</td>
</tr>
</tbody>
</table>

* Percentages are estimates
HUMANS STARTED EVOLVING 200,000 YEARS AGO

MEN
• Were silent, predatory hunters-warriors, using feelings of fear to internally signal danger to themselves.
• They sought to kill animals and dominate other humans to control, enslave and exploit them.
• They had to block their own feelings of compassion for others to be able to kill and dominate them.
• Men did not communicate their feelings and vulnerabilities, fearing it could be used against them to dominate them.

WOMEN
• Were communicative gatherers, working cooperatively with other women to gather food and nurture the young.
• They used mirror neurons, empathy, compassion and intuition to sense what children and others felt.
• They provided care, nourishment, natural medicinal healing and support.
• To keep themselves alive, women gathered in places to talk and share cooperatively.

HUMAN TRANSFORMATION BEGAN 100 YEARS AGO

INTERIORITY
• Sigmund Freud described interior psychological states of Id (primitive and instinctual part of the mind that contains sexual and aggressive drives and hidden memories), the Super-Ego (moral conscience), the Ego (realistic part that mediates between the desires of the Id and the Super-Ego).
• Carl Jung described the Shadow of unfulfilled needs, and repressed or disowned parts of the self, that could become obsessive if not acknowledged.
• Martin Buber wrote “I and Thou” about the interior life of a person. I-It is a relationship of separateness and detachment. I & Thou is a relationship of mutuality and reciprocity.
• Abraham Maslow described a human needs hierarchy.

COMMUNICATION
• Marshall Rosenberg created Non-Violent, Compassionate Communication, helping people understand and communicate their feelings, values, needs and preferences.
**TECHNE:** The Greek word translates to craftsmanship, craft or art. Knowledge of change and variability.

**PRAXIS:** Principled action to engage uncertainty.

**PHRONESIS:** Practical reasoning regarding impact of action on the course of change.

There are four habits that can help us evolve and improve our ability to deal with higher levels of complexity:

1. Ask different types of questions
2. Take on multiple perspectives
3. Develop a systemic vision
4. Look at the whole picture; take a step back to see what’s possible

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**V.U.C.A. WORLD**

<table>
<thead>
<tr>
<th>Volatility</th>
<th>Vision</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uncertainty</td>
<td>Understanding</td>
</tr>
<tr>
<td>Complexity</td>
<td>Clarity</td>
</tr>
<tr>
<td>Ambiguity</td>
<td>Agility</td>
</tr>
</tbody>
</table>

**R.U.P.T. WORLD**

<table>
<thead>
<tr>
<th>Rapid</th>
<th>Relaxed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unpredictable</td>
<td>Understanding</td>
</tr>
<tr>
<td>Paradoxical</td>
<td>Possibility</td>
</tr>
<tr>
<td>Tangled</td>
<td>Transcendent</td>
</tr>
</tbody>
</table>
Action Research & Problem Solving

1. Identify the problem
   Envision success

2. Develop a Plan of Action

3. Take Action Implementation

4. Get Feedback
   Collect the Data

5. Analyze the Data
   Form Conclusions
   Learn from the Action

6. Adjust the Theory
   Identify the Next Steps
   Begin Again

Report the Results
Learning Community
Collaborative, cocreative peer-to-peer learning through action research & design

1. Clarify
   - Define your goal
   - Look for patterns and insights
   - Question assumptions
   - Frame your P.O.V.

2. Empathize
   - Share your findings
   - Learn about each other
   - Observe and interview
   - Listen

3. Ideate
   - Come up with many solutions
   - Ask questions
   - Experiment
   - Cocreate with team members
   - Brainstorm and select
   - Learn from experiments and users

4. Prototype
   - Refine
   - Gather feedback
   - Think big, act small, fail fast, keep learning

5. Test
   - Gather learnings
   - Iterate and scale
   - User testing and surveys

6. Learn about each other
1. Wicked problems have many interdependent factors making them seem impossible to solve.

2. Psychological, sociological, political, economic and religious factors.

3. Because the factors are often incomplete, in flux, and difficult to define, solving wicked problems requires a deep understanding of the stakeholders involved.

4. It requires an innovative approach, including ongoing design thinking, research, experimenting, learning and improvement in understanding and relationships.

5. CASE STUDY: Lebanon has been deteriorating for many years. Hezbollah in Lebanon supports Syria and is allowing gasoline smuggling to Syria. This is causing 6-hour waiting for a gas tank to be only 1/3 full.

   Solutions would require political compromise. Hezbollah holds 14 of the 128 seats in the Parliament of Lebanon and is a member of the Resistance and Development Bloc, the most powerful single political movement in Lebanon. Politics in Lebanon are influenced by the Israeli-Palestinian conflict.

   So, solutions are connected to regional conflicts going on for 70 years.
Solving the Wicked Problem of Failing Governments
Broken Government is Made Up of Six Problems

3 System Problems
- Ethics, Integrity, Authenticity, Efficiency
- Standards, Transparency, Accountability, Efficiency
- Standards, Transparency, Accountability, Efficiency

3 People Problems
- People dislike and work against each other
- People do not pay their fair share of taxes
- People scheme to scam the system

Politicians do not solve problems and are corrupt
Government workers are incompetent, corrupt or lazy
System does not work for the people

Caring, Kindness, Collaboration
Gratitude, Fairness, Responsibility
Integrity, Authenticity, Ethics
# Overcoming Communication Barriers for Earth

Communication barriers are blocks to deeper communication that do not allow people to listen and learn properly.

<table>
<thead>
<tr>
<th>Blocks / Barrier</th>
<th>Flowing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-satisfied smugness</td>
<td>Humility</td>
</tr>
<tr>
<td>Competitive, uncollaborative, unappreciative of others</td>
<td>Collaborative and appreciative of others</td>
</tr>
<tr>
<td>Disinterest in others’ feelings, values, needs, preferences, aspirations, plans</td>
<td>Interest in others’ feelings, values, needs, preferences, aspirations, plans</td>
</tr>
<tr>
<td>Stuffed-stuck mind: attachment to one’s lifestyle, the trivial, mundane, nostalgia, patriotism, status quo, ideas</td>
<td>Life-long learning, growing, development, transformation</td>
</tr>
<tr>
<td>Overconfident idealism, unrealistically stuck on ideals/ideas</td>
<td>Logical, scientific, evidence-based, action research, design thinking</td>
</tr>
<tr>
<td>Materialistic, profit-seeking, or just no time to collaborate for the Earth</td>
<td>Highly values Earth and future generations</td>
</tr>
</tbody>
</table>
Earth is being destroyed by greedy forces in government, business and investments. Humans are not consciously evolving fast enough to transform the planet to sustainability.

Rising seas, superstorms, megafires, unbearable heat waves; autonomous killing machines in development and hypersonic nuclear missiles; oligarchs and dictators silencing democracies; fanatical religions with irrational, delusional anti-science populations; gangs, crime and corruption growing faster than international law; and drugs, alcohol and pornography absorbing people into their industries as workers and as addicts to numb the pain of stress, losses, and lack of healthy, loving relationships and wellbeing.

The Earth Transformation Game (ETG) is a computer game that turns into Reality of a Sustainable Planet.

ETG uses resources of Doughnut Economics, the Guidebook for Person & Planet, Evolutionary Learning Communities, Actions Research, Problem Solving & Solution Designing.
Hurt-Self, Well-Self

- We all have a Hurt-Self, and a Well-Self.
- The Hurt-Self feels the pain of the self, its losses, rejections, disappointments, betrayals and failures, and the pain of world, and uses addictions and unhealth behavior to numb the pain.
- The Well-Self is non-attached to the suffering. It has compassion for the self, others and the world.
- The Well-Self uses Mindfulness all day, to just gently notice what is doing on within, around the self, and in the world.
- It meditates and returns to inner-peace, serenity, compassion, gratitude, gentle happiness and inner-wisdom.
ABOUT
Sandy Hinden fostered and developed many projects to help children, teens, adults and seniors, in New York City and Long Island, nationally, and in the world.

He was director of Community Partners for Coordinated Services for Suffolk Community Council, under a grant from Suffolk County, for at-risk and in-need families and children – developing school and health and human service networks of support and care.

He was executive director of the Dix Hills Performing Arts Center for 14 years and initiated the Concert for the Earth at the United Nations in 1985 featuring The Paul Winter Consort.

Sandy founded and was president of the Long Island Men’s Center for 5 years, helping men help themselves, each other, teens, families and communities.

He provides workshops and programs for personal growth, interpersonal relations and communication, and global development for peace and sustainability.

Sandy created the Commonwealth for Earth & Humanity in 2015 and its YouTube channel in 2020. He wrote 7 Keys to Love - Opening Love’s Door to Joy & Wellbeing and the Guidebook for Person & Planet.
“Sandy's whole-systems thinking is empowering and enlightening. I would recommend any educational materials he creates as of superior value.”
Meg Rivers, Global Technology Trainer
Bloom Bioregional Network

“Sanford Hinden is one of the most humane, compassionate, loving human beings I have ever met. He speaks and acts from deep wisdom about what people need — and what the world needs now. I trust him and have learned immensely from him.”
Ronald Gross
Founder/Director, Conversations New York
Co-chair, University Seminar on Innovation, Columbia University

“Sandy is not afraid to ask the tough questions and explore heartfelt responses to them. The ones that have to do with how we got into this mess as humanity, and what it’s going to take for us to get out of it. His wealth of experience and human kindness, combined with political savvy and collaborative working style, make learning with and from him an enriching experience, and always a joy.”
Alexander Laszlo, PhD
Global Systems Educator

"Sandy Hinden is a very exceptional human being entirely devoted to a better, ideal world. I have known him for more than 30 years. He constantly inspired me for my work and efforts at the United Nations. He had ceaseless great ideas.... I would support his candidacy with the highest terms."
Dr. Robert Muller (1923-2010)
Former UN Assistant Secretary General
Cofounder, UN University for Peace, Costa Rica

References
Guidebook for Person & Planet
A Better World for All

Body, Emotions, Mind
Society, Economics & Sustainability
Earth & Humanity

Develop a Practice for Peace, Love & Happiness Each Day
Be the Peace You Want to See in the World
Create Justice & Sustainability

Sandy Hinden
A Global Learning Community
of
Conscious, Caring, Compassionate, Collaborative, Co-creative People
for
Earth, Humanity & Future Generations

With patience, persistence, inner-peace, self-compassion, daily action on our values, and some healthy fun, we make steady progress 😊