The Positive Energy Club

restoring happiness to our everyday lives

The Positive Energy Club Invitation

The Positive Energy Club

Welcome to The Positive Energy Club!

In a world often overwhelmed by stress, polarization, and negativity, it is easy to feel emotionally drained or disconnected.

The Positive Energy Club is a dedicated space designed to help you shift your internal state first — moving away from daily frustration and emotional numbness toward lasting gratitude, inspiration, inner peace, and everyday happiness.

Rather than waiting for the outside world to supply happiness, we practice becoming "heart-empowered".

Together, we combine clear intentions with elevated emotions to foster personal wellbeing, deepen our connections with others, and bring more kindness and care into our lives and communities.

more...

The Positive Energy Club Invitation

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You're Invited to Join Us!

Come experience the power of shared positivity and practical habit improvement in a welcoming, supportive environment.

What: Weekly interactive meetings focused on cultivating elevated emotions, guided mindfulness, meaningful conversation, and daily positive energy practices.

Where: Online via Zoom, you join from the comfort of your home, anywhere in the world.

Facilitator: Sandy Hinden, author of 7 Keys to Love and founder of Wisocracy, brings 50 years of positive energy practice and experience facilitating over 200 interactive wellbeing sessions.

Membership: $77 per year for full access to our weekly gatherings.

Prime Affirmation: "Positive energy brings me what I need."

Ready to elevate your energy and connect with a like-minded community?
Register here to reserve your spot and join us for our next weekly Zoom session!

The
Positive Energy
Club

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Monday Meeting, 8:00 - 9:00 PM ET on Zoom

Register Here

Basic Negativity	Basic Positivity
Negative leaders, negative media	Positive leaders, positive media
War	Peace
Environmental harm	Care for Earth
Crime	Community care
Polarization	Respectful understanding
Hatred, coldness, unfriendliness	Kindness, warmth, friendliness
Stress, unhappiness	Inner peace, happiness, joy, love
Comparison to others, dissatisfaction	Gratitude and appreciation
Sarcastic	Fun, playfulness, good humor
Flattened emotions, dullness, distrust	Awe, inspiration, compassion, trust

Advanced Negativity	Advanced Positivity
Elitism, privilege	Equality
Hubris	Ongoing learning and self-improvement
Self-satisfaction	Consideration of others
Arrogance	Humility
Selfishness	Respectfulness
Indifference	Caring
Disdain	Admiration
Contempt	Affection
Greed	Benevolence
Disconnection	Community

The
Positive Energy
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Today's world
is shaped by media and the
quality of leaders that drive
policy and act as role models.

Our lives are shaped by the places
we frequent and the media we ingest.

They can flatten our emotions,
leaving us unable to feel happiness.

The Positive Energy Club
enables us to restore happiness
in our everyday lives.

Anhedonia

- We can become negative through flattened emotions. It can be hard to appreciate life and feel happiness. This is called anhedonia.
- Anhedonia is the reduced ability or inability to feel pleasure, joy, or interest in activities that you normally enjoy.
- Rather than just feeling sad, people experiencing anhedonia often describe feeling emotionally flat, numb, or disconnected from daily life.

Common Signs and Types

- Anhedonia generally affects two main areas of daily experience:

- **Social anhedonia:** A lack of interest in spending time with friends, family, or romantic partners, often leading to social withdrawal.

- **Physical anhedonia:** A diminished ability to enjoy physical sensations, such as eating favorite foods, listening to music, being touched, or engaging in sexual activity.

- **Motivational and anticipatory deficits:** Difficulty feeling excited about upcoming events or lacking the drive to pursue rewards.

Anhedonia

Potential Causes

- Researchers link anhedonia to disruptions in the brain's reward pathways — specifically areas that produce and process neurotransmitters like dopamine and serotonin.
- Because it is a symptom rather than a standalone disease, it can stem from several underlying factors.

- **Mental health conditions:** It is one of the primary diagnostic symptoms of major depressive disorder, and it can also occur with bipolar disorder, post-traumatic stress disorder (PTSD), and schizophrenia

- **Substance use and withdrawal:** Long-term substance use or withdrawal can temporarily alter the brain's reward system.

- **Neurological and medical conditions:** Conditions such as Parkinson's disease, chronic pain, traumatic brain injury, or severe chronic stress can trigger anhedonia.

Anhedonia

Management and Care Options

Because anhedonia is tied to underlying causes, working with a healthcare provider or mental health professional is the most reliable way to address it.

Common Approaches Include

- **Psychotherapy:** Treatments like Cognitive Behavioral Therapy (CBT) and behavioral activation help re-engage the brain's reward system by gradually reintroducing structured, meaningful activities even before motivation returns.
- **Medication adjustments:** A doctor may evaluate current medications (as some antidepressants can occasionally contribute to emotional blunting) or prescribe targeted treatments that support dopamine and mood regulation.
- **Lifestyle and routine changes:** Regular physical exercise, consistent sleep schedules, and mindfulness practices (such as deliberately savoring small positive moments) can help stimulate natural neurotransmitter release.

Elevating Your Emotions

Elevated Emotions

— such as gratitude, happiness, inspiration, and love —
can shift your internal state and create personal change.

Shift Your Internal State First

- You can choose elevated emotions internally rather than waiting for external triggers. This can help you become "heart-empowered".
- You can accept that changing your internal state removes the need for the external world to supply happiness or gratitude.
- When you embrace these feelings, you signal your genes ahead of your environment. The body cannot distinguish between outside experiences and internally generated emotions.

Elevating Your Emotions

Combine Clear Intention with Elevated Emotion

- Merging a clear intention with an elevated emotion can alter your biology.
- Practice feeling gratitude and elevated states for a desired future event *before* it happens. Imagine living in that reality now.
- Your emotion is the “seed of the creative process." You can feel whole or abundant prior to experiencing actual healing or wealth.

Cultivate Heart-Centered Emotions

- You can focus not just on avoiding chronic negative states generated by media fear and anger, but on consciously cultivating a wide array of heartfelt emotions like awe, happiness, inspiration, compassion, and trust.
- Replacing media fear, frustration, and suffering with an elevated, heart-centered practice can lead to healing and happiness.

The Intentional Inner Shift

New or Repeating Emotionally Deflating Media, Process, or Event



Mindful Return to Positive, Peaceful, Gentle Happiness



The Seven Affirmations

Here are 7 daily affirmations in The Positive Energy Club.

Sunday ~ Inner Peace
When appropriate, I choose inner peace, happiness, and love.

Monday ~ Gratitude
I embrace deep gratitude and appreciation for the present moment and the future I am creating.

Tuesday ~ Heart-Empowerment
I am heart-empowered, generating happiness and inspiration within rather than waiting for outside triggers.

Wednesday ~ Savoring Happiness
I am open to savoring small, positive moments and experiencing awe in my daily life.

Thursday ~ Kindness & Compassion
I meet the world with kindness, compassion, and respectful understanding.

Friday ~ Wholeness
I combine clear intention with elevated emotion, feeling whole and abundant right now.

Saturday 7 ~ Community & Care
I nurture my connection to others and care for my community and the Earth.

The Prime Positive Energy Affirmation

Positive energy brings me what I need.

The Positive Energy Club

The Positive Energy Club Facilitator



Sandy
has practiced
positive energy
for 50 years, and
coached thousands
of people locally
and globally.

The
Positive Energy
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Sandy Hinden
developed and facilitated
more than 200 interactive sessions for
local libraries, organizations, and online programs,
in habit improvement, meditation, meaning and purpose,
wellbeing, relationships and communication, wisdom,
and Community Conversation Circles.

He is the author of 7 Keys to Love, founder of
Wisocracy and the World Wisdom Council
for Local Wisdom Councils, and
host of Wisocracy World Café.

Sandy created
The Positive Energy Club.

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