

# End Hate World Love 101



Returning  
to Inner Peace



Regaining  
Self-Love



Clarifying  
for the World

# End Hate - World Love 101



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Why  
the World  
Needs Love

# End Hate ~ World Love 101 ~ Meeting



- For thousands of years, religions have told the stories of the need for wisdom, compassion, kindness, charity, and love.
- Meanwhile, authoritarian power has been used around the world throughout history and today to conquer, dominate, exploit, and enslave (see the next slide).
- There are over 100 major conflicts going on around the world, with innocent children being bombed in the Middle East and Ukraine.
- Two boxers were touted to make \$40 million each in a Netflix special program, with viewers thrilled to watch people violently harm each other like gladiators. It was a bonanza for the addictive betting industry.
- The world desperately needs the two trillion dollars a year in military spending for health, education, community needs, and Earth care.
- Some politicians are profiting from the anger, hate, and political polarization that social media algorithms reinforce, creating mental silos and public conflict.
- All this goes on while foolish business and government leaders allow nature to be destroyed, causing drought and deforestation, rising seas, great storms, floods, and fires.
- Let us meet for world love and fall back in love with life and nature.

# History of World Slavery

Estimating the total number of people enslaved throughout history is challenging due to incomplete records and varying definitions of slavery across time and cultures. Historians and researchers often use documented evidence, demographic models, and archaeological findings to approximate these figures. Here are some broad estimates and historical contexts:

- **ANCIENT CIVILIZATIONS** In Mesopotamia, Egypt, Greece, and Rome, slavery was widespread, often forming the backbone of labor systems. For example, in Ancient Rome, it is estimated that slaves made up around 25-40% of the population, which could have been millions during the empire's peak.
- **TRANSATLANTIC SLAVE TRADE** Between the 16th and 19th centuries, about 12-15 million Africans were forcibly transported to the Americas. This figure doesn't include those who perished during capture or transport.
- **INDIAN OCEAN SLAVE TRADE** This system, which spanned from East Africa to the Middle East and Asia, enslaved millions over a millennium.
- **SLAVERY IN THE ISLAMIC WORLD** From the 7th to the 19th century, millions were enslaved, including people from Africa, Europe, and Asia.
- **MODERN HUMAN TRAFFICKING** Today, an estimated 40-50 MILLION PEOPLE are trapped in conditions of modern slavery, including forced labor and sexual exploitation.

## TOTAL HISTORICAL ESTIMATE

Some historians suggest that across all eras, cultures, and systems, the number of people enslaved might range into the HUNDREDS OF MILLIONS.

# Sex, Love & Gender Issues Causing Problems

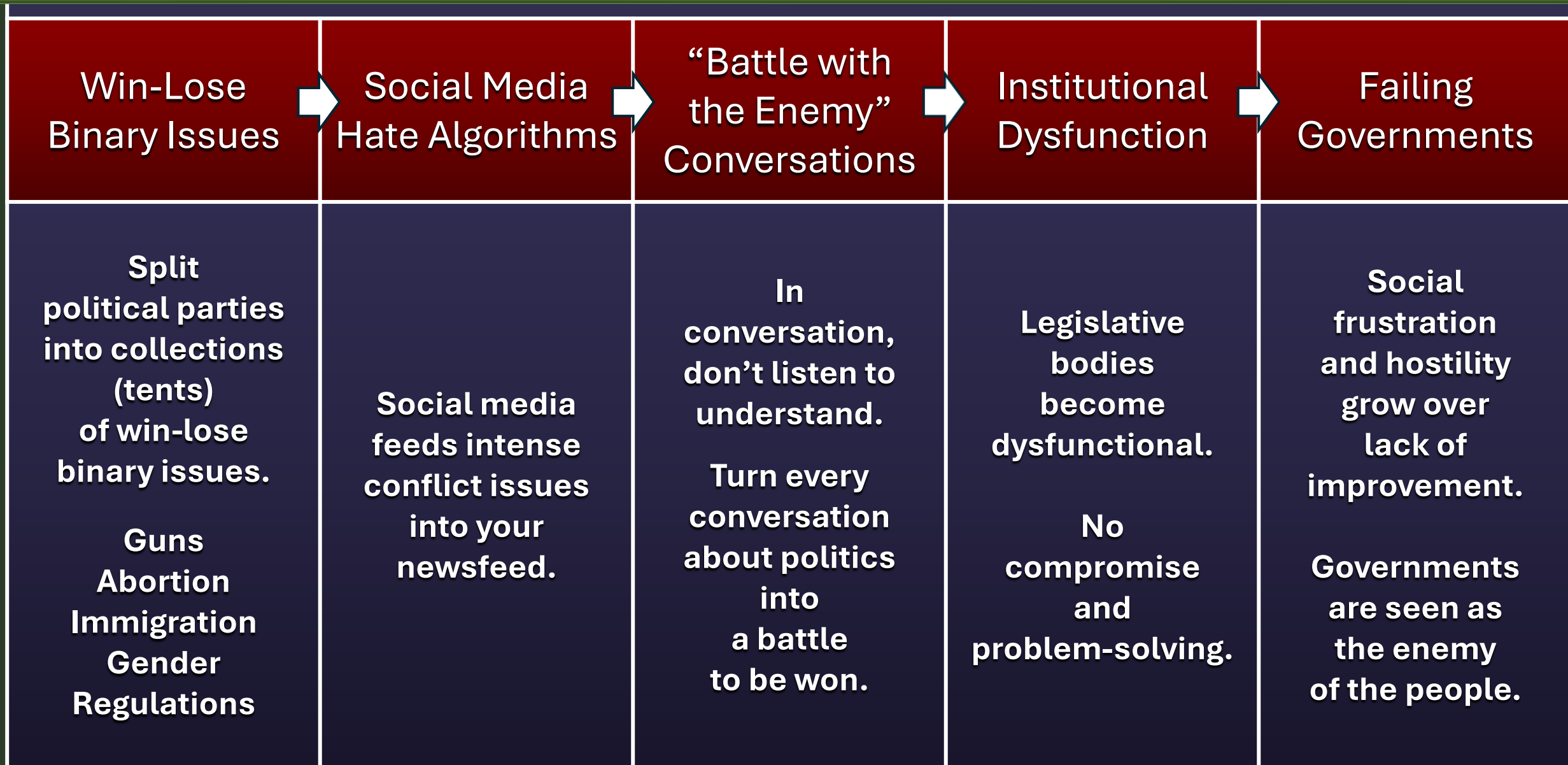
Sex, love, and gender have become flashpoints for societal division, with complex issues fueling misunderstandings and backlash across the political spectrum.

*End Hate - World Love 101* seeks to explore these challenges and identify pathways to compassion and constructive dialogue, grounded in love and healing.

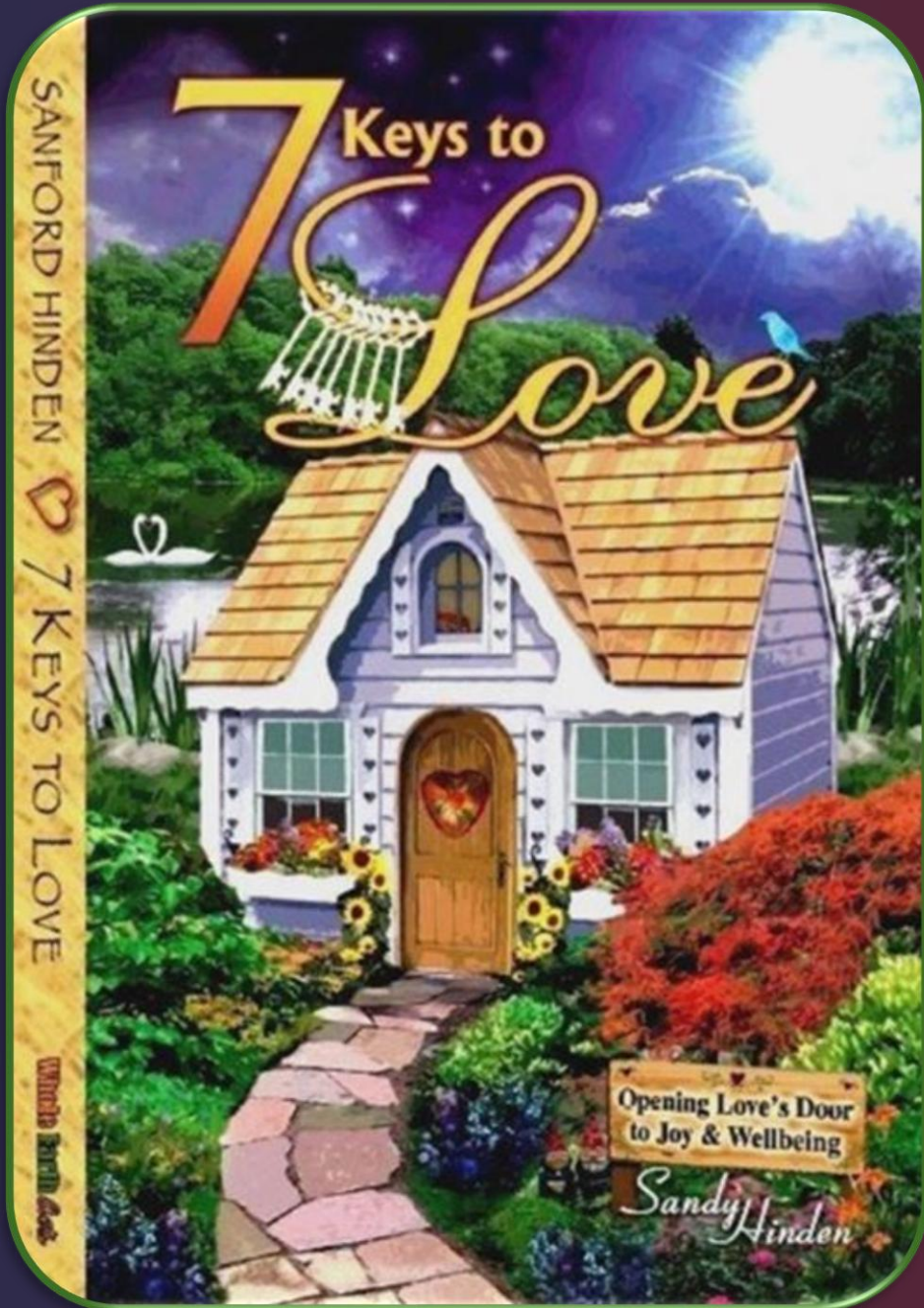
Political Left	Political Center	Political Right
Trans Gender Athletes & Activists causing Political Backlash	Increasing Pornography & Decreasing Marriage	Some Very Conservative Governments repressing Women's Rights & Progress

See More Here: [Mediation with Progressive & Traditional Values for a Peaceful World](#)

# How the Politics of Hate Grows Over Time



# 7 Keys To Love



## 7 Keys to Love

Opening Love's Door to Joy & Wellbeing

1. Self Love
2. Emotional Love
3. Physical Love
4. Family Love
5. Platonic, Altruistic, Community Love
6. Creative Love, Love for the Arts, Love for Nature
7. Spiritual-Universal Love, Agape
8. The Transformational Love Process

You Can  
See More  
Here

# 7 Keys to Love

## Opening Love's Door to Joy & Wellbeing

"Don't pity the dead, Harry.  
Pity the living and, above all, pity those without love."  
J.K. Rowling

"Love and compassion are necessities, not luxuries.  
Without them humanity cannot survive."  
Dalai Lama

# 7 Keys to Love

## Opening Love's Door to Joy & Wellbeing

“Let's restore our hearts  
and begin to sow love and forget hate.”

Melva Acosta

“Only peace can save the world  
and only love can create a liveable Earth!”

Mehmet Murat ildan

# 7 Keys to Love

## Opening Love's Door to Joy & Wellbeing

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.”

– 1 Corinthians 13:4-7

The words in 1 Corinthians 13:4-7 are attributed to the Apostle Paul, who is traditionally regarded as the author of the First Letter to the Corinthians in the New Testament of the Bible. Paul wrote this letter to the Christian community in Corinth around 53–54 CE to address various issues within the church and provide guidance on how to live according to Christian principles. This particular passage, often referred to as the "Love Chapter," is part of a larger discussion on spiritual gifts and the importance of love as the greatest of all virtues. It is widely celebrated for its poetic description of love and is frequently read at weddings and other significant life events.

# 7 Keys to Love

## Opening Love's Door to Joy & Wellbeing

"Wow! What a gold mine!  
Sandy Hinden's *7 Keys to Love* book  
delivers precise insights and instructions on how to find  
and enjoy love in every area of life.  
Reading the book filled in some deep developmental learning gaps  
about love I didn't even know I had. Brilliant tool for happiness.  
Read it, refer to it, and reap the bountiful rewards of a love-based life."

Victoria Alai  
Author, Life Navigator, Entrepreneur, Author Survival 101

# 7 Keys to Love

## Opening Love's Door to Joy & Wellbeing

“Sandy, the first page of *7 Keys to Love* is headed CONTENTS. Just reading your approach to *What is this Thing called Love*, tells me you have done what all the other writers on the subject of Love have not done or were unable to do. You made the most complicated word in our language understandable. Anyone, including me, will leave after its reading, knowing more about themselves, and every relationship in their past, present, and future relationships to come.

The benefits of your knowledge and the way you express them in *7 Keys to Love* will more than touch each of your readers. It will empower all of us to make better choices in our relationships because we will know so much more about what we are doing, and why we are doing it. Better choices because of what we learned from Sandy Hinden.”

Mel Glazer, Songwriting Educator

Increasing Pornography  
&  
Decreasing Marriage

# Increasing Pornography Decreasing Marriage



- There has been significant growth in people becoming individual content creators of pornography since the creation of the cam camera.
- There are now many platforms.
- The rise of individual content creators in adult entertainment has followed significant technological advancements, particularly with the emergence of webcams and Internet platforms.
- Below is a timeline and a bar graph of key trends in this evolution.

# Increasing Pornography Decreasing Marriage



1990s: The internet's early days saw a limited number of platforms and slow adoption of digital pornography. By 1997, there were around 900 adult websites, a sharp increase from pre-internet publications like adult magazines.

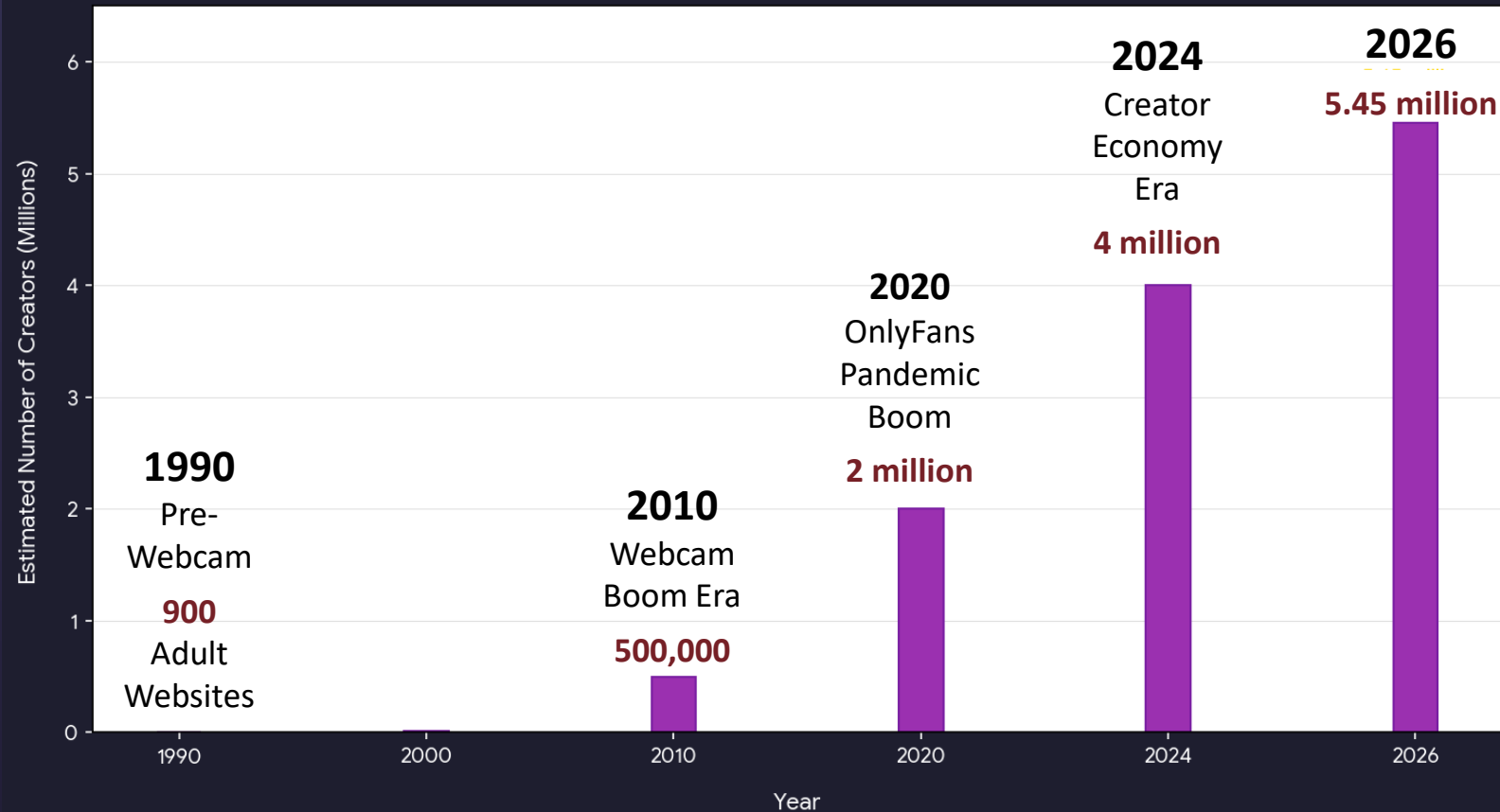
EARLY 2000s: The introduction of broadband internet and better-quality webcams made amateur adult content more accessible. By 2004, platforms like user-generated "tube" sites began supporting individual creators.

2010s: This era saw explosive growth, fueled by platforms such as OnlyFans and Patreon, which allowed creators to monetize their content directly. Faster internet speeds and smartphones contributed significantly to this shift.

PRESENT (2020s): Platforms like OnlyFans have enabled millions of creators globally to enter the space. In 2021 alone, OnlyFans reported over 2 million creators, illustrating the massive growth compared to earlier decades.

Sources:  
[Psychology Today](#)  
[The Independent](#)

Growth of Individual Content Creators in Adult Entertainment (1990-2026)



- The total creator numbers are at an all-time high.
- Earnings remain highly concentrated.
- The top 0.1% of creators capture an estimated **76% of all industry revenue.**
- Median independent creator earns roughly \$131 per month

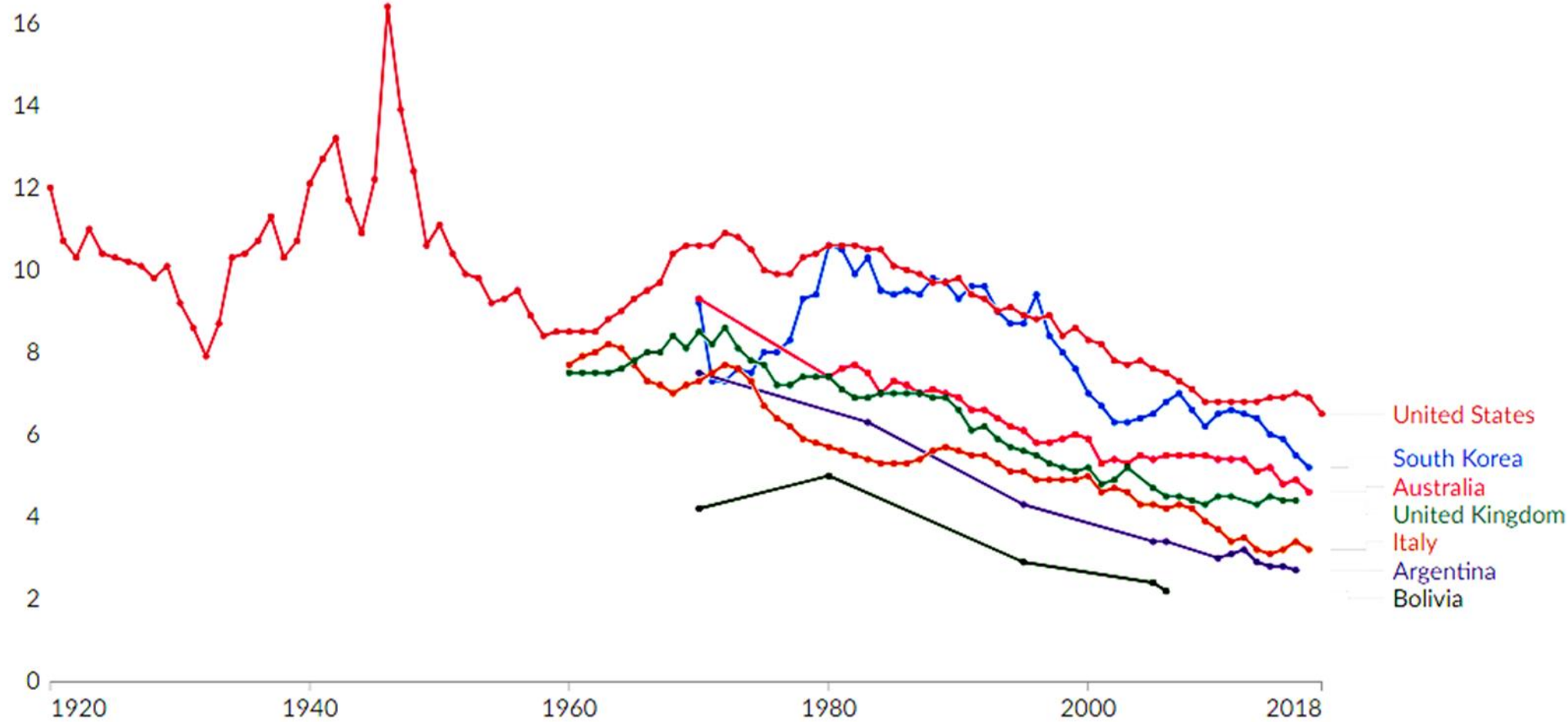
Bar graph showing the estimated growth of individual content creators in adult entertainment from 1990 to 2026. The data illustrates a significant increase, particularly from the early 2000s with the rise of webcams and platforms like OnlyFans.

# Marriages per 1,000 people

Number of marriages in each year per 1,000 people in the population



Table Map Chart



# Healthy, Loving Relationships

# Healthy, Loving Relationships

## Self-healing is a self-love process

Made up of self-appreciation, self-kindness, and self-care  
and then developing  
healthy relationships free of narcissism and gaslighting.

## Healthy relationships are characterized by

Making time for each other  
Being present and mutually supportive  
Maintaining independence  
Being honest and open  
Showing affection  
Having equality



# Healthy, Loving Relationships

1. Many women are now working and less dependent on men for resources.
2. One of the indicators of whether a woman will select a partner to be a mate is the perception of their earning capacity in the future because it affects the resources for children.
3. Over the past 30 years, the wealth gap has been growing.
4. Many men are less desirable, and few men (10%) are very desirable.
5. Many women choose to not marry.
6. Many men are not developing healthy, loving relationships and are involved in the manosphere.
7. Many men are seeking brutalist, authoritarian philosophies and entertainment such as mixed martial arts.

See more click here →



# Basic Social Skills

Children, teens, and adults need to learn basic social skills of how to help each other



1. How to be considerate of each other in daily life
2. How to be kind
3. How to have a good sense of humor
4. How to have a conversation
5. How to have a difficult conversation
6. How to disagree with respect
7. How to ask for forgiveness
8. How to sit with someone who is suffering and have a good conversation

Self Healing  
&  
World Healing

Higher Self  
Integrated  
Sacred  
Virtues  
Wellness  
Wisdom



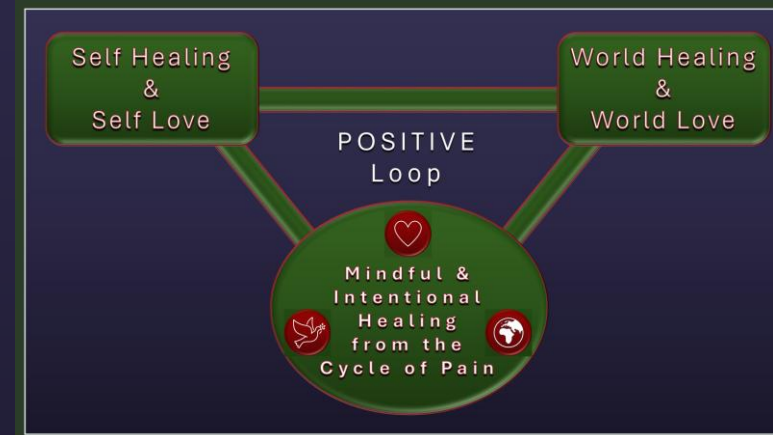
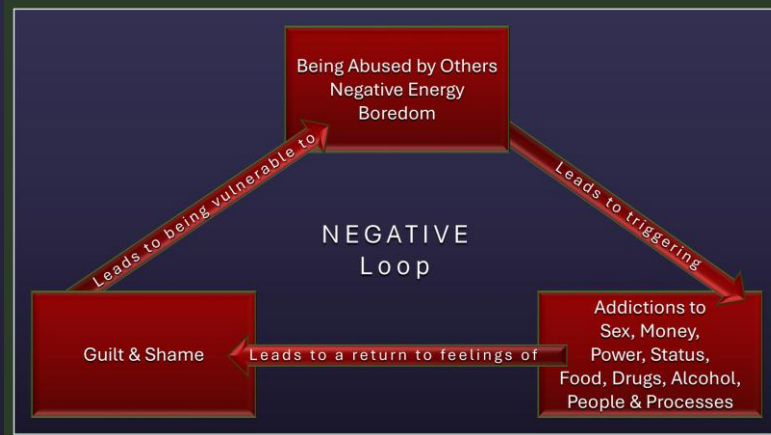
Lower Self  
Shadow  
Profane  
Vices  
Addictions  
Foolishness

The Dual Nature of a Person

# Self Healing & World Healing

- There are two ongoing processes in a person's life. They can operate by alternating.
- One is operating in the foreground, while the other is in the background of a person's life.
- The two processes are the NEGATIVE Loop and the POSITIVE Loop.
- They may switch positions, with one coming to the front and the other receding to the background of one's life.

## NEGATIVE Loop



## POSITIVE Loop

- The two are well-worn paths in a person's outer life and in the neural pathways of the brain.
- They don't go away just by attempting to change habits.
- The NEGATIVE Loop can always be triggered by LIFE EVENTS.
- The POSITIVE Loop can always be consciously returned to for WELLNESS again.

Being Abused by Others  
Negative Energy  
Boredom

Leads to being vulnerable to

Leads to triggering

# NEGATIVE Loop

Addictions to  
Sex, Money,  
Power, Status,  
Food, Drugs, Alcohol,  
People & Processes

Leads to a return to feelings of

Guilt & Shame

Self Healing  
&  
Self Love

World Healing  
&  
World Love

POSITIVE  
Loop



Mindful &  
Intentional  
Healing  
from the  
Cycle of Pain



Self Healing  
&  
Self Love

Being Abused by Others  
Negative Energy  
Boredom

World Healing  
&  
World Love

NEGATIVE  
Loop  
in the  
Foreground

Mindful &  
Intentional  
Healing  
from the  
Cycle of Pain

Guilt & Shame

Addictions to  
Sex, Money,  
Power, Status,  
Food, Drugs, Alcohol,  
People & Processes







Relax  
Reflect  
Recover

# Positive Energy Healing



Relationships

Routines-Patterns-Habits

Mind

Emotions

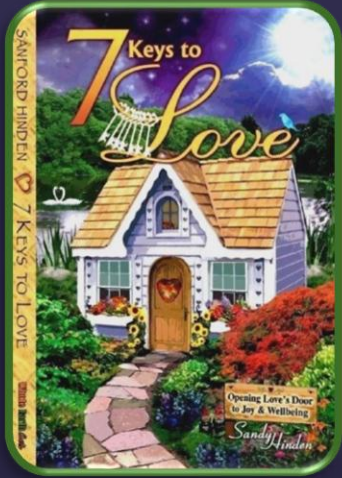
Body



# 7 Keys to Love Board Game

# 7 Keys to Love ~ The Board Game

## The 7 Realms & Their Themes



1. **SELF-LOVE (THE GARDEN OF REFLECTION)** Players nurture a virtual garden, planting seeds of self-compassion and removing "weeds" of self-doubt through journaling prompts or mini-puzzles.
2. **EMPATHY (THE EMPATHY OASIS)** Players engage in role-playing scenarios, stepping into the shoes of others to navigate conflicts or dilemmas.
3. **COMMUNICATION (THE BRIDGE OF WORDS)** Players work together to solve riddles or puzzles using clear and effective communication.
4. **RESPECT (THE MOUNTAIN OF HONOR)** Players face moral dilemmas, choosing actions that demonstrate respect for themselves and others.
5. **KINDNESS (THE MEADOW OF GIVING)** Players complete acts of kindness for NPCs (non-player characters) or each other, building positive relationships.
6. **COMMITMENT (THE LABYRINTH OF DEVOTION)** Players navigate a labyrinth, overcoming obstacles by staying true to their goals and values.
7. **FORGIVENESS (THE TEMPLE OF RELEASE)** Players solve puzzles that represent letting go of past grudges or mistakes.

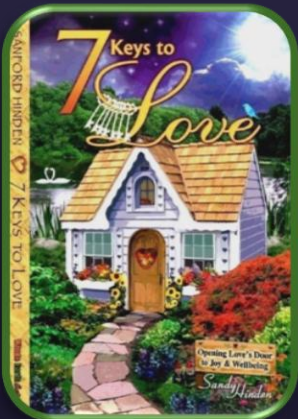
About



## Sanford Hinden

Educator, Organizer, Author

Contact  
Sandy  
Hinden  
Here



- Sandy provides programs for libraries and organizations in person and on Zoom in personal development, communications and relationships, and social and global development for peace and sustainability.
- He worked locally, nationally, and globally developing organizations, projects, and programs for peace, the environment, health, human services, education, and the arts.
- He helps seniors, adults, teens, and children reach their full potential and enjoy life more.
- Sandy was director of *Community Partners for Coordinated Services for Suffolk Community Council*, and executive director of the *Dix Hills Performing Arts Center*.
- In 2009, he wrote and published *7 Keys to Love – Opening Love’s Door to Joy & Wellbeing*.
- Sandy works on *Wisocracy* for wise democracy, wisdom, wellness, peace, and nature.
- He is available for coaching in communication, habit change, and recovery.

“Sandy's whole-systems thinking is empowering and enlightening. I would recommend any educational materials he creates as of superior value.”

**Meg Rivers**  
**Senior Production Specialist at HBO / HBO Max**

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.

He encouraged me to not give up. I would be so happy to see him in charge of a major newspaper section on good news and happiness for the people. He would be very precious to a major philanthropic organization, especially one dealing internationally. 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**

“Sandy is an inspirational actionist! He 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**  
**Global Systems Educator**

“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**

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