



Healing
Practice &
Collaboration Groups

Wisocracy Programs



[Wisocracy](#)

offers many free life-affirming programs and events for people seeking wisdom, wellbeing, peace, and a flourishing world.

Wisocracy

provides research, a blog, and programs about psychology, politics, and economics to advance consciousness, character, and civilization.

We work to design sustainable educational, economic, political, and environmental systems.

Wisocracy programs are free to all.

You Can Become A Wisocracy Member or Supporter Here



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Wednesday
Wise World Healing
Meditation

A world of conflict, war
and suffering for so many



You can meditate with us,
heal and feel better



Wednesday
Wise World Healing
Meditation



Each Week, 12:00 PM ET



You Can Join Our Meditation Here

Wednesday Wise World Healing Meditation



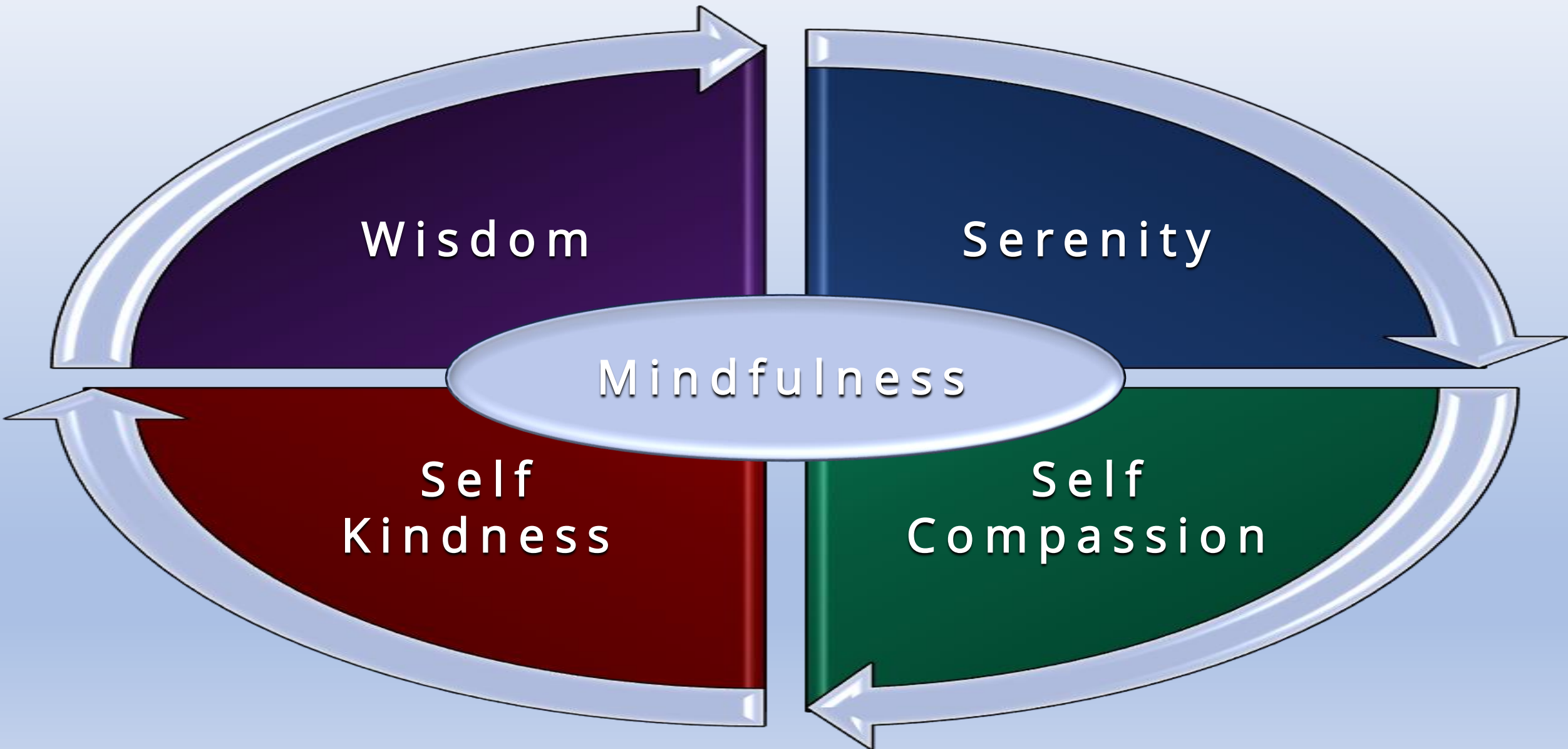
You Can Join
Our Meditation Here

Dear Friend of Peace Humanity & Nature,
In a world of 110 conflicts and wars, and the environment under relentless strain, the stress on us all, and particularly on workers for peace, humanity, and nature, is so great. We are providing a space for caring people to meet when they can on Wednesdays.

- ❖ We meet each Wednesday at 12 PM, ET.
- ❖ We reconnect for peace and serenity.
- ❖ We access self-compassion and self-kindness.
- ❖ We then ask our inner wisdom a question, and quietly listen for an answer.
- ❖ We share our feelings, needs, and concerns.
- ❖ We appreciate and encourage each other.
- ❖ You are invited and can invite others to join us.
- ❖ You only need to register once for all meetings.

Best wishes,
Sandy Hinden

Wednesday Wise World Healing Meditation



2

Introduction

Healing Practice &
Collaboration Groups

Healing Practice & Collaboration Groups



Violence

War

**Nuclear weapons
proliferation**

**Unwilling to make the
necessary changes
to prevent climatic
destruction**

Dear Friend,

It seems that society is undergoing collective distress with conflict and wars. It needs a therapeutic intervention.

All elements of society cannot be treated at once because the system is not collaborating.

The only way to begin the healing of society is in small groups of conscious, compassionate, creative, collaborating people.

You can identify your healing practice and collaboration group and use this method to meet regularly to heal yourselves and to make individual and collective progress.

Be helpful and supportive of each other. Encourage each other, but don't overwhelm each other. Each person needs to practice self-compassion, self-kindness, self-appreciation, and self-care each day.

You can list your Healing Practice & Collaboration Group with Wisocracy.

As groups form, we will hold monthly meetings.

Patience and practice help,

Sandy Hinden

Healing Practice & Collaboration Groups



People Need Better

Thinking

Feelings

Actions

Relationships

Patterns & Habits

We are experiencing the madness and stress of 110 conflicts and wars around the world.

So many people have become lost in being selfish and egotistical. They refuse to change their high-carbon lifestyles.

How can we make progress?

HUMAN CONSCIOUSNESS

We can help people become wiser and more conscious, collaborative, creative, and caring for Earth and humanity.

POLITICAL IMPROVEMENT

We can provide methods to improve the political systems to find urgent solutions for Earth and humanity.

ECONOMIC EVOLUTION

We are 300% over Earth's carrying capacity and need to reduce consumption by 75% with low-carbon, simple lifestyles. We can help create an Earth-friendly economic system.

Healing Practice & Collaboration Groups



Violence
War
Nuclear weapons proliferation
Unwilling to make the necessary change to prevent climatic destruction

Societal Collective Crisis	Societal Collective Healing
T h i n k i n g	
Dogmatic	Open to Rational Thinking
Closed-Minded	Open-Minded
Rigid	Creative
Confused	Clear
F e e l i n g s	
Hostile	Serenity, Peace
B e h a v i o r	
Competitive	Collaborative
Repeating the Past	Open to New Patterns & Systems

Healing Practice & Collaboration Groups



Violence

War

Nuclear weapons
proliferation

Unwilling to make the
necessary changes
to prevent climatic
destruction

People Can Become:

Traumatized

Confused

Lost

Obsessed

Involved with
Harmful People

Addicted

Healing Practice & Collaboration Groups



People Need Better
Thinking
Feelings
Actions
Relationships
Patterns & Habits

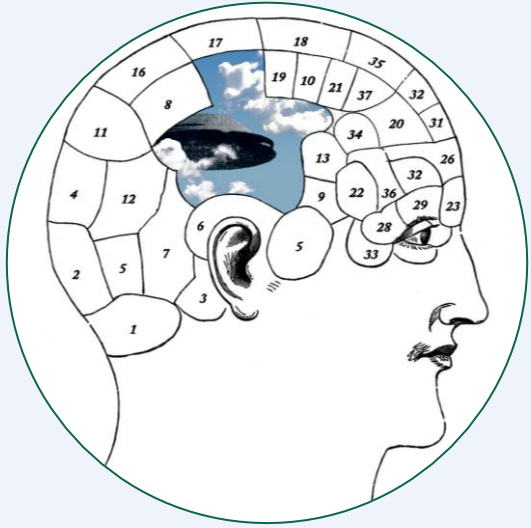
People Can Heal:



3

The Obsessive Society

The Obsessive Society



Technological advancements

- The rise of technology and social media has created new opportunities for obsessive thinking and compulsive behavior.
- People may feel compelled to constantly check their phones for updates, engage in excessive online shopping, or seek validation through likes and comments on social media platforms.

Cultural and societal pressures

- The pressure to be successful, look a certain way or maintain a perfect image can contribute to obsessive thinking and compulsive behavior.
- This can manifest in excessive exercise, strict dieting, or an obsession with productivity and achievement.

Information overload

- The constant influx of information from various sources can be overwhelming and lead to obsessive thinking and compulsive behavior.
- People may feel the need to constantly stay informed, check multiple news sources, or engage in excessive fact-checking.

A desire for control and certainty

- In an increasingly complex and uncertain world, people may turn to obsessive behavior as a way to regain a sense of control and certainty.
- This can manifest in excessive planning, organizing, or seeking reassurance.

The ABCs of Obsessions - Overdoing Anything

- Abandonment
- Acceptance
- Alcohol
- Ammunition
- Anger
- Appearances
- Arguing
- Betrayal
- Bitterness
- Caffeine
- Cars
- Celebrities
- Cell Phone
- Closed-mindedness
- Codependence
- Coldness
- Compulsion
- Conflict
- Conspiracies
- Control

- Debt
- Disorganization
- Drugs
- Fitness
- Food
- Freedom
- Gambling
- Gaming
- Gossiping
- Greed
- Guns
- Health
- Height
- Hoarding
- Houses
- Ignored
- Intensity
- Internet
- Isolation
- Laziness

- Liked
- Luxury
- Lying
- Magic
- Media
- Money
- Negativity
- Nicotine
- Nonsense
- Obsession
- Organization
- Perfection
- Politics
- Pornography
- Positivity
- Power
- Procrastination
- Rejection
- Religion
- Resentment

- Road Rage
- Rockets
- Screens
- Selfishness
- Sex
- Shopping
- Smoking
- Sports
- Status
- Stubbornness
- Tattoos
- TV Binging
- UFOs
- Vaping
- Violence
- War
- Weapons
- Weight
- Wealth
- Work-a-holism

4

Healing Through Mindful Awareness



Mindful Awareness

Mindfulness can be a helpful tool for managing obsessive thinking and fixations. Mindfulness encourages awareness of the present moment. It can help distract from obsessive thoughts.

1. Shift focus to the present moment

- Redirect your thinking to the present moment by naming what you see, hear, smell, feel, and taste.
- By focusing on your senses one by one, or engaging in mindful activities, you can redirect your attention away from fixations and toward the present.

2. Acceptance of thoughts

- Mindfulness involves observing thoughts without judgment or attachment.
- By accepting the presence of these thoughts and not attaching meaning or power to them, over time, with practice, you may experience a decrease in compulsions and stress reduction.

3. Limit distractions

- Mindful thinking techniques, such as limiting distractions, can help individuals cope with obsessive thoughts and fixations.
- By creating a calm and focused environment, individuals can better manage their thoughts and reduce the impact of fixations on their daily lives.

4. Cultivate the trait of mindfulness

- Over time, regular mindfulness practice helps individuals be more present and aware in their daily lives.
- It is easier to recognize and manage obsessive thoughts and fixations.

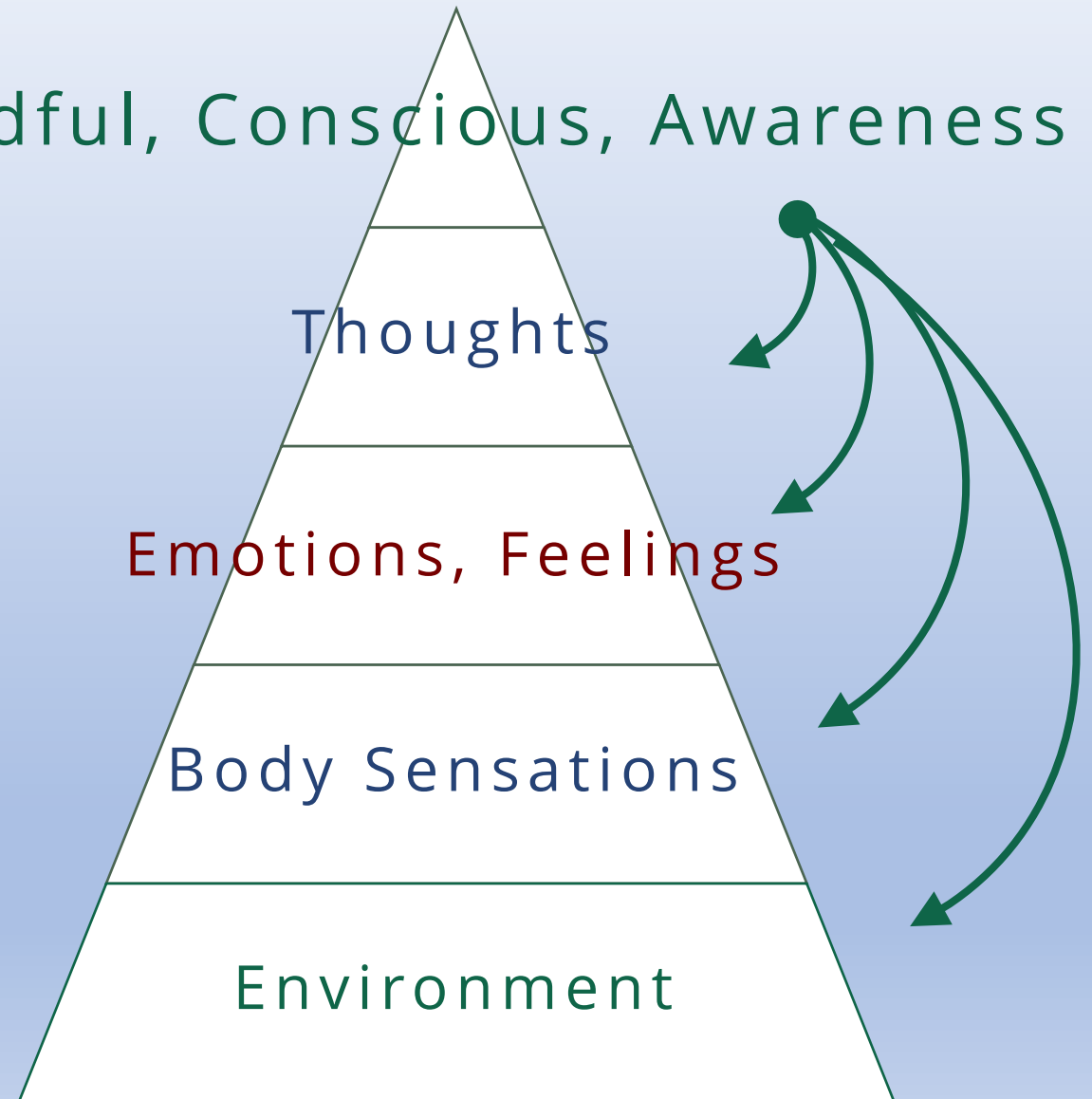


Mindful Awareness

Mindfulness

is just
gently noticing
the flow of your
thoughts, emotions
and sensations...
and
what is going on
around you...
and
not being
attached to them

Mindful, Conscious, Awareness



Understanding Our Obsessions & Healing Our Traumas with Mindfulness, a Sense ☺ of Humor & More



Mindfulness
Non-attachment
Non-obsession
Non-compulsion
Good humor

Stay Focused on What Matters Most to You

	NOT URGENT	URGENT
IMPORTANT	<p>Your values, aspirations, interests, feelings, or preferences.</p> <p>Reflection, meditation, planning</p>	<p>Timely health care, finances, important emergencies and your deadlines</p>
NOT IMPORTANT	<p>Getting distracted and lost in the past in your own or other stories, excitements, addictions, media, and social media</p>	<p>Getting lost in distractions and busyness, or your own or others' urgencies</p>

Don't Go To The Hardware Store For Milk

“Don't go to the hardware store for milk”

means that at a certain point,
you have to realize that it may not be possible
to get what you are trying to get from
a particular source.

It would save you frustration
if you could stop going to the wrong source
for that thing you really need.

If you have a person
in your life who is consistently
toxic, negative, shaming, or dismissive
with what you bring to them,
don't go to them.

1. What am I feeling and needing?
2. Am I getting what I need from the people and places I go to?
3. If not, stop going to them.
4. Stay open to finding new people and places where you are more likely to have your needs met.

Take a Break

Mindful, Meditate

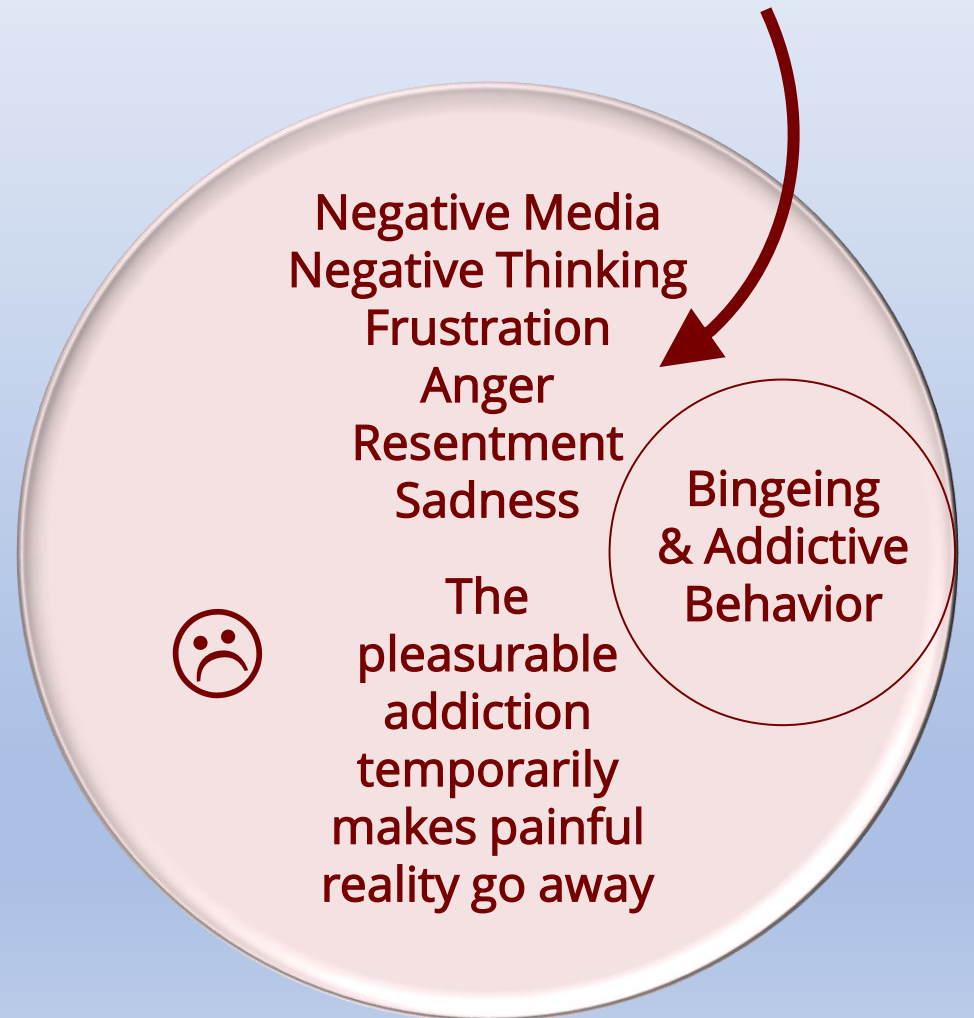
Calm, Relaxed, Reflective, Appreciative



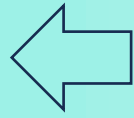
Negativity Overload

Can't Find Solutions

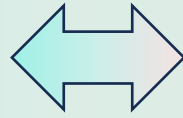
Stressed Mind, Worried, Anxious



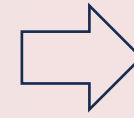
WELLNESS



WELLNESS PRACTICE



SLIPPING



ADDICTIVE BEHAVIOR

Mindfulness

Meditation

Serenity

Peace

Humility

Simplicity

Gratitude

Wellbeing

Ask inner wisdom a question, quietly listen for an answer

Have some healthy fun



Don't compare yourself to others

Do what you can without attachment to the outcome of efforts

Just do the best you can

Take the next best step

Accept you can't fix, change or control others

Take good care of yourself

Overload, confusion, chaos, conflict

Drama and intense negative media and thinking

Comparing leads to despairing

Attachment to outcomes leads to disappointment

Try to fix, change or control others

Frustration

Anger

Resentment

Sadness

Bingeing

Addictive behavior

Pleasurable addictive behavior temporarily makes painful

reality go away

5

Healing Our Trauma

Understanding Our Traumas

CHILDHOOD TRAUMA

55% of people in the United States had one of ten possible traumatic experiences in their childhood. These might be influencing people's trust in others.

Five personal traumas

- Physical abuse
- Verbal abuse
- Sexual abuse
- Physical neglect
- Emotional neglect

Five traumas related to other family members

- Parent who is addicted to alcohol or drugs
- Parent a victim of domestic violence
- Family member in jail
- Family member diagnosed with a mental illness
- Disappearance of a parent through divorce, death or abandonment

Other childhood traumas include

- Natural disasters
- Medical injury, illness
- Prolonged hunger
- Community violence

TEEN AND ADULT TRAUMA

70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives. That is 223 million people having:

Relationship traumas

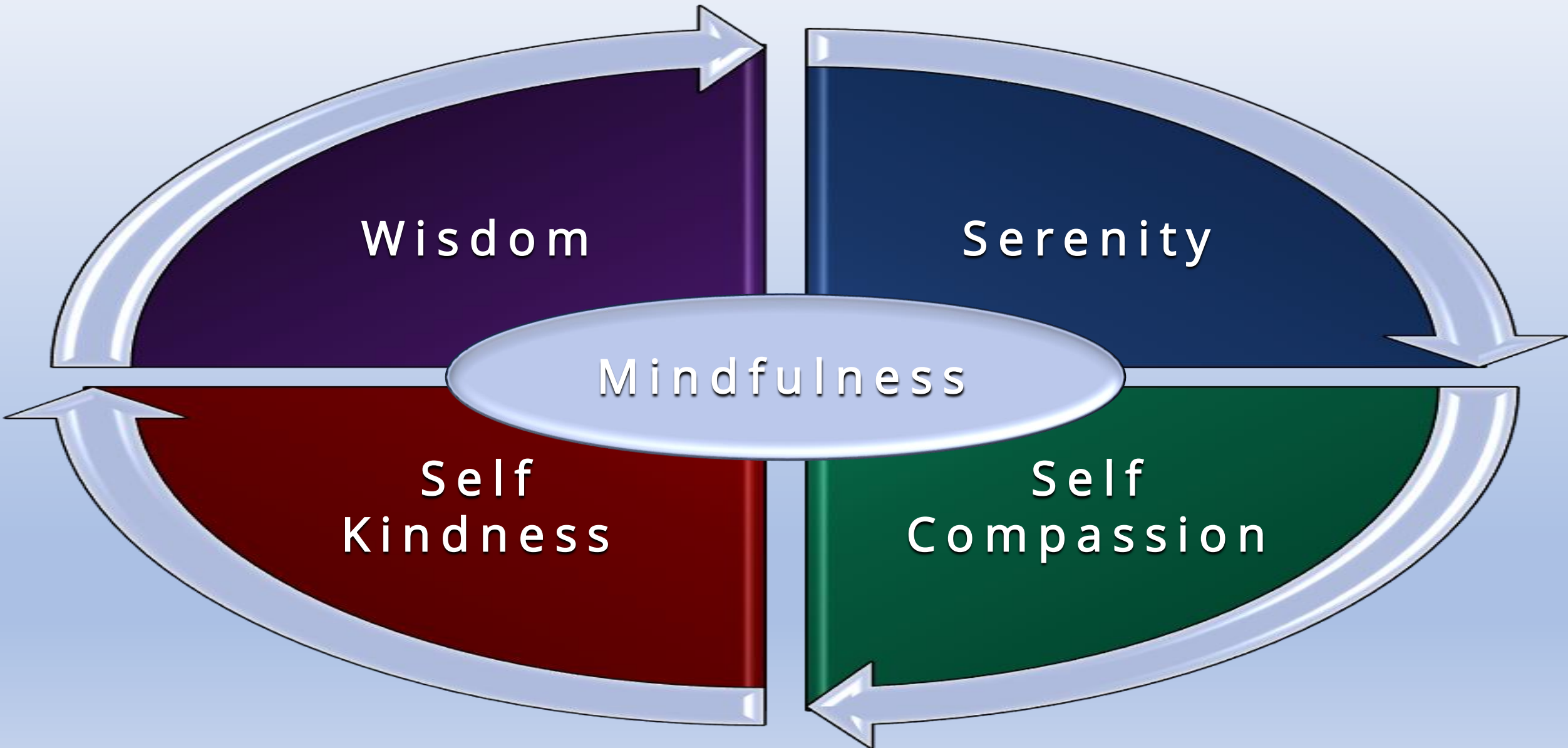
- Physical, sexual or emotional abuse
- Severe neglect, betrayal, abandonment
- Judged harshly, blamed, shamed, rejected, humiliated
- Domestic or family violence, dating violence
- Sudden unexpected or violent death of someone close (suicide, accident)
- Community violence (shooting, mugging, burglary, assault, bullying)

Other traumas

- Serious accident or injury (burns, dog attack)
- Major surgery or life-threatening illness
- Natural disasters such as a hurricane, floods, fire or earthquake
- War or political violence (hate crimes, civil war, terrorism, gangs, refugee)
- Climate crisis

Managing Our Obsessions

with Mindfulness, a Sense ☺ of Humor & More



Understanding Our Obsessions & Healing Our Traumas with Mindfulness, a Sense ☺ of Humor & More



Healing the Intergenerational Trauma You Carry with You

Understanding My Grand Parent's Traumas & Emotional Hurts



Understanding My Parent's Traumas & Emotional Hurts



Understanding My Traumas & Emotional Hurts

Healing Our Daily Hurts

What Hurt My Feelings Today

Healing Trauma You Carry With You



MY HEALING

Many of us were traumatized by traumatized people. We may have been:

- Disrespected
- Tricked
- Humiliated
- Abused
- Betrayed
- Abandoned

Hurt people, hurt people.
Abused people, abuse people.
Traumatized people, traumatize people.

They were all traumatized people.
They were not healed.
They were not mindful, evolved,
conscious, serene, compassionate,
and not in touch with inner wisdom.

I FEEL PAIN & SUFFERING

I NOW HEAL and GIVE MYSELF

- Respect
- Compassion
- Gentleness
- Kindness

I HAVE FORGIVENESS FOR MYSELF

- I let it go
- I am complete with it
- I am the possibility of wisdom and wellbeing

Understanding Our Obsessions & Healing Our Traumas



Experience Positive Emotions

Safety ❖ Lightness ❖ Calmness ❖ Openness ❖ Appreciation ❖ Happiness

Our Intergenerational Healing



May the
pain and suffering of
my ancestors be acknowledged.



May the pain and suffering of
my great-grandparents,
grandparents, and parents
be acknowledged.



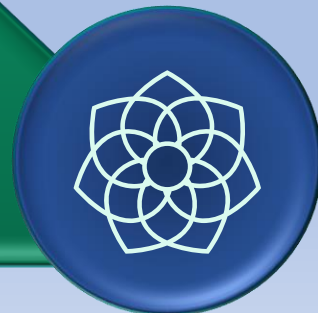
May my pain and suffering be acknowledged.

May all this pain and suffering, for all these generations,
be held with compassion and gentleness.



May I be compassionate, gentle, and kind to myself each day.

May we all have mindfulness, wisdom, and wellbeing.



Why People Keep Getting Into Trouble

NEGATIVE MIND	POSITIVE MIND
Guided by Negative Values	Guided by Positive Values
Overstimulated Mind	Peaceful Mind
Confused Thinking	Clear Thinking
Wrong Choices	Helpful Choices
Negative Friends	Positive Friends

Our Values Are Our Guiding Stars

Return to Positive Values & Stay On the Road to Wellbeing



NEGATIVE VALUES	POSITIVE VALUES
Seeking Power	Seeking Wisdom
Impatience, Agitation	Patience, Calmness
Chaotic Foolishness	Peaceful Productivity
Unreliability	Reliability
Dishonesty, Lying	Honesty, Truthfulness
Hatefulness, Hurtfulness	Compassion, Helpfulness, Kindness
Unhealthy Living	Wellbeing

Values are learned from parents and family members, in the community and school, and through books and media

Our Healing



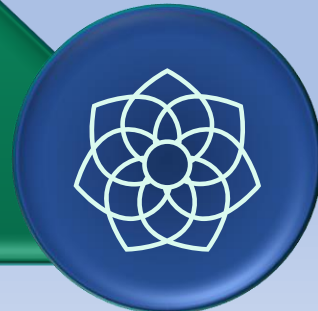
I am free
from the grief of...



I am released
from the prison and pain of...



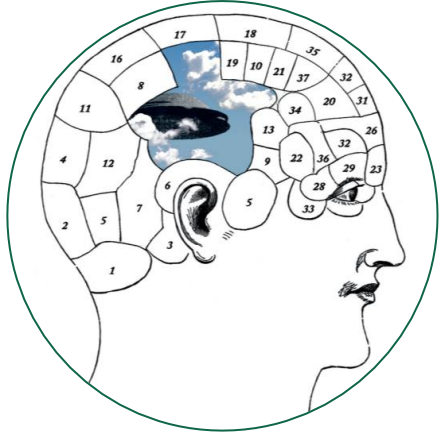
I feel relief
from the past and the pain of...



⑥

Recovery
from
Hijacked Imagination,
Con Artists & Cults

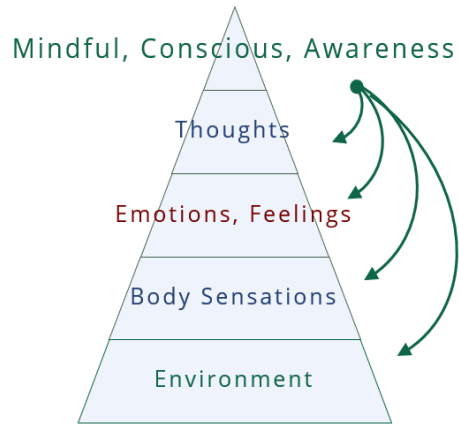
The Power of Imagination



- Humans have the mental capacity for imagination.
- The word imagination comes from the Latin verb *imaginari* which means "*to picture oneself*" - inner pictures.
- Out of the imagination, all the inventions, products, and systems in the world have been created.
- Imagination made up everything in our systems of education, politics, and economics.
- We now see that many of the processes in those three systems don't work very well and need to be re-imagined.
- Imagination also makes up all the ideas about Gods, and then it believes these imagined ideas. There are 4000 religions on Earth.



The Power of Imagination



Mindfulness

is just
gently noticing
the flow of your
thoughts, emotions
and sensations...
and
what is going on
around you...
and
not being
attached to them

- In an increasingly complex and uncertain world, people like to believe in their beliefs. Their beliefs make them feel more in control and sense of certainty in a confusing world.
- Once they believe something, it is difficult to explain to them why their belief is just imaginary, and not based on facts, rationality, logic, or reason.
- Imagination can also activate emotions and bodily hormones, and then be the source that triggers urges that lead to addictive behaviors.
- In [Psychosynthesis](#), I read *Imagination is more powerful than the will.*
- I once read a Zen saying, *Imagination captures the mind.*
Awareness frees the heart."
- *Mindful awareness* is part of the process of recovery from any addiction.

Deceptions, Distraction & Tricks



Imagination is so powerful it is used by magicians and con artists to trick people. Here is how magicians and con artists work. They use various psychological tactics to get people to believe them.

Building Trust

- Con artists and magicians often start by earning the confidence of their audience.
- They may do this by letting the victim win something, offering a reward, or appearing as an expert or legitimate authority.

Creating A Narrative

- Both magicians and con artists use storytelling to engage their audience and manipulate their beliefs.
- A well-crafted narrative can be highly effective in getting people to suspend their disbelief and accept what they are being told or shown.

Deceptions, Distraction & Tricks



Exploiting Human Weaknesses

- Con artists are skilled at telling stories that appeal to the biases, beliefs, and desires of their targets.
- They take advantage of people's willingness to defer to confident assertions made by apparently expert or legitimate authorities.

Using Social Proof

- Con artists often employ "shills," helpers who confirm to the victim that the con man's scheme is legitimate.
- This creates a sense of social proof, where seeing someone else do, what you are thinking about doing, frees you to act.

Taking Advantage of Group Psychology

- People are often influenced by the actions and opinions of others.
- Con artists and magicians may use the "herd principle" to convince their victims that their scheme is legitimate by showing that others are participating as well.

Deceptions, Distraction & Tricks



Manipulating Perception

- Magicians, in particular, manipulate how we see and experience reality.
- They take advantage of our eyes' and brains' foibles to create an alternative version of the world, which can be both entertaining and deceptive.



Playing on Fear and Urgency

- Con artists often use the "time principle" to persuade their victims to act quickly before they can think rationally and exercise self-control.
- They may also exploit people's fear and play on their desire for security and protection.

Imagination & Cults



- Cults use the imagination of their victims through various methods.
- Religions, political parties, militias, gangs, organizations, and corporations can all operate as cults through groupthink.
- Groupthink occurs when a group of individuals reaches a consensus without critical reasoning or evaluation of the consequences or alternatives.
- Groupthink is based on a common desire not to upset the balance of a group of people.

Imagination & Cults

Indoctrination Process

- Cults employ a series of small steps to gradually lead individuals through the indoctrination process, making each step seem not very far from the previous one.
- This gradual approach helps in **slowly altering the victim's perception and beliefs.**

Invitation to Non-Threatening Events

- Potential recruits are often invited to seemingly harmless events such as workshops, poetry readings, or parties.
- This non-threatening approach is used to initially engage individuals **without revealing the true nature of the cult.**



Love-Bombing

- Cults often use love-bombing, a technique where members of the cult overwhelm potential recruits with **attention, affection, and praise** to create a sense of belonging and importance.

Dangling "The Prize"

- Cults may entice individuals by dangling the promise of a desirable outcome or reward, which can **captivate the imagination** of potential recruits and make them more **susceptible to manipulation.**

Imagination & Cults



Encouraging Dissociation

- Cults can use a child's natural tendency towards dissociation and fantasy thinking to encourage multiplicity or splitting, making it easier to control the individual.
- The person can develop what seems to be an **alternate personality**, hard to reach by family members.



Use of Cult Symbols

- Instead of encouraging believers to contemplate invisible spiritual realities represented by symbols, cults use their leaders' photographs and other symbols to exert control over their followers.
- By employing these methods, cults **manipulate the imagination** of their victims, **gradually altering their beliefs and perceptions** to **gain control over them**.

Con artists
and cult leaders
manipulate the imagination
of their victims,
gradually altering their
beliefs and perceptions
to
gain control over them.



TRUMP

1776

2024

OR DEATH

PRESIDENT OF THE UNITED STATES
LIBERTY
IN GOD WE TRUST

MAGA STORE

TRUMP

2024

ULTRA MAGA
and proud of it

TRUMP
2024
TAKE AMERICA

Miss Me Yet?

MAGA

EDITION

TRUMP
2024

MAGA

LIBERTY
IN GOD WE TRUST
2020

Healing Your Imagination

What Affected Your Imagination As A Child?



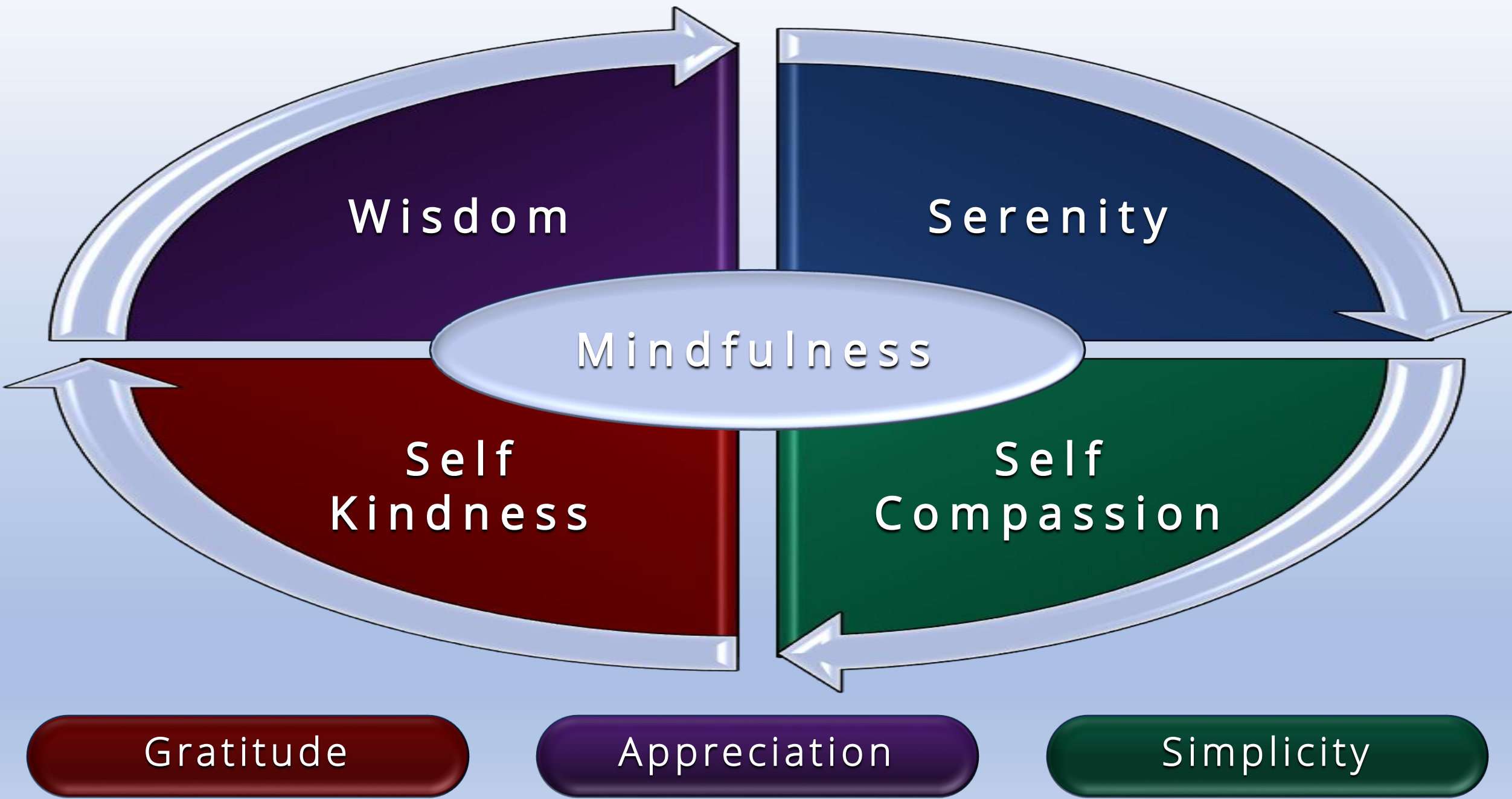
What Affected Your Imagination As Teen ?



What Affects Your Imagination Today?

What Can I Do To Feel More...

Peaceful	
Positive	
Balanced	
Self-Compassion	
Self-Kindness	
Self-Care	



If you would like
some coaching to help
heal from being in a group that
behaved like a cult you can contact me.

Sandy Hinden

You Can Contact Me Here

7

Beyond Porn to
Emotional, Psychological
& Relational Intimacy

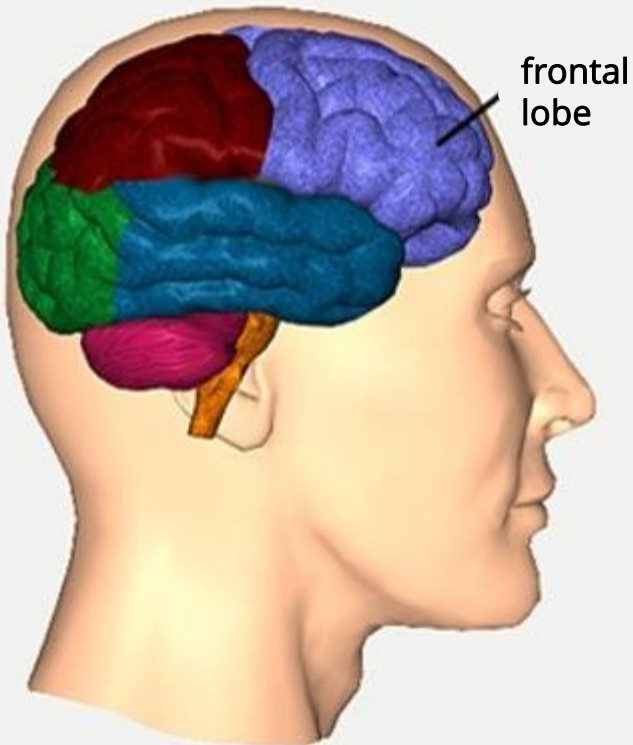
Beyond Porn to Emotional, Psychological & Relational Intimacy

- Launched in 2016, nearly 3 million porn creators now post around the world on OnlyFans, which has 230 million subscribing porn “fans”.
- Fans’ total payouts to creators soared in 2022 to \$5.5 billion.
- It can be big money for some porn workers.
- People **not in healthy, loving, intimate relationships** may use porn.
- People in relationships may use porn for **stimulation**.
- What rarely is discussed is the **impact of pornography on people’s relationships**.



How Porn Affects the Brain

Functions of The Prefrontal Cortex



- Planning
- Attention
- Judgment
- Reflection
- Prioritizing
- self-control
- Anticipation
- Organization
- Impulse control
- Second thoughts
- Modulating mood
- Response flexibility
- Goal-directed behavior
- Foresee consequences

- Whether you're taking drugs or viewing pornography, the addiction process is the same.
- **CHEMICALS:** You overexpose the brain's pleasure chemicals like dopamine, serotonin, oxytocin, and epinephrine.
- **REWIRING:** Your brain rewires itself to accommodate the extra chemicals.
- **DEPENDENCY:** You build up a **tolerance** and **dependency** on the chemicals. You go from **wanting** the pleasure chemicals to feel good to **needing** them to feel good.
- **FRONTAL LOBES:** The area of your brain responsible for making decisions and logically thinking through situations and scenarios is the part of your brain most affected by addiction.

Emotional, Psychological & Relational Intimacy

- Pornography, though it may be highly physically stimulating, can actually hinder genuine human connection and intimacy, and lead to a reduction in overall happiness.
- It does this by negatively impacting relationship growth and development.
- It can stunt emotional, psychological, and relational intimacy (into-me-you-see).
- This leads to the question of *how do people actually increase emotional, psychological, and relational intimacy?*
- Emotional, psychological, and relational intimacy are essential components of healthy and fulfilling relationships.
- On the following pages you can learn about ways to achieve emotional, psychological, and relational intimacy.

Creating Intimacy

Strive

to deeply understand each other's experiences, feelings, values, and needs.

Understand

each other's inner demons without fear and judgment.

Have

genuine interest in each other without needing something in return.

Emotional Intimacy



Emotional intimacy involves feeling close, connected, and supported by being able to share a range of thoughts, feelings, and experiences with another person.

It requires openness, vulnerability, and communication.

Here are some tips for building emotional intimacy.

Open Communication

- Share your thoughts and emotions openly with your partner or friend.
- Share your feelings, values, and needs.
- Make requests (not demands) for what you need, would like, and prefer.

Vulnerability

- Be willing to be vulnerable.
- Share your observations non-judgmentally.
- Share what you are noticing and hearing.
- Share your deepest feelings and fears.
- Share what you are becoming mindful of about yourself and would like to improve.
- Share what you would like to stop, start, and do more.

Understanding and Support

- Strive to understand and support each other on a deep level.

Time and Effort

- Building emotional intimacy takes time and effort from both parties involved.

Psychological Intimacy

Psychological intimacy involves understanding and being understood by another person on a deep level.



It encompasses the idea of being seen, known, and comprehended by someone else.

Here are some ways to foster psychological intimacy.

Deep Conversations

- Engage in deep conversations about struggles, celebrations, and life events.
- Share your wishes, hopes, dreams, and aspirations.

Support and Understanding

- Provide support and understanding during times of distress or disconnection.

Willingness and Intention

- Approach psychological intimacy with willingness and intention to connect more deeply.
- Seek meaningful connection in the relationship.

Relational Intimacy

Relational intimacy refers to the closeness and connection between individuals in a relationship.



It involves trust, commitment, and interdependence.

Here are some strategies for nurturing relational intimacy:

Equal Power Dynamics

- Cultivate relationships with equal power dynamics.
- Decisions are made jointly.
- Control is not exerted by one person over the other.

Transparency and Trust

- Foster an environment of transparency, trust, and non-judgment
- Both parties feel safe and understood.

Listening and Communication

- Develop relational intimacy through active listening.
- Have clear and honest communication.
- There is a reassurance of safety and acceptance.
- Set goals, create plans, and clarify priorities together.

Human Needs

Lack of needs satisfaction creates emotional and social conflict.

What are you feeling and needing?
What would you like?

Transcendence & Generative Needs



Inspiration, Oneness with Creation-Universe, Sun, Earth, Ancestors, Future Generations, Care for Earth & the Whole

Self-Actualization Needs

Purposeful effort to develop and use one's talents and potentials

Meaning, Purpose, Expression, Explanations, Understanding, Education, Freedom, Direction, Creativity, Intellectual & Aesthetic Fulfillment

Esteem Needs

Self-respect, self-esteem, self-appreciation, respect from others



Love & Belonging Needs

Nurturing relationships, Friendship, intimacy, family, a sense of connection, compassion, community, happiness, wellbeing

Safety Needs

Peace, trust, personal security, employment, resources, healthy environment



Physical Needs

Air, water, food, shelter, health, sleep, clothing, pleasure, reproduction

**Weather
Trivia**

**SMALL
TALK**

Have a more
meaningful
conversation
with family
and friends

**Concerns
Current events
Hobbies, interests**

**MID
TALK**

**Observations
Meaning, purpose, direction
Feelings, values, needs
Wishes, hopes, dreams
Goals, plans, priorities**

**DEEP
TALK**

Emotional, Psychological & Relational Intimacy



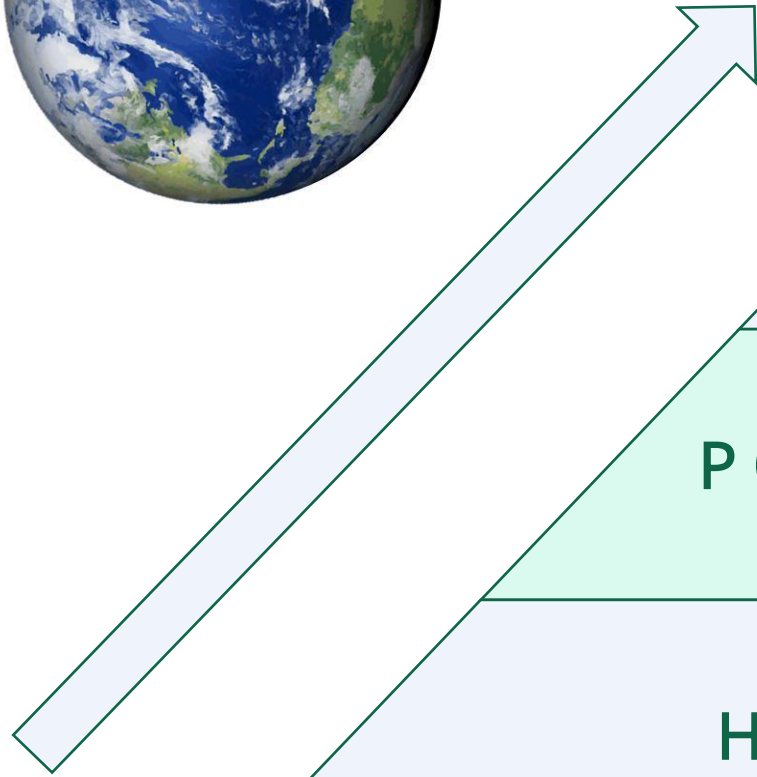
- Emotional, psychological, and relational intimacy are vital for building strong and healthy relationships.
- They require open communication, vulnerability, understanding, and effort from all parties involved.
- By fostering these forms of intimacy, individuals can create deeper connections and a greater sense of closeness with their partners, friends, and family members.
- Emotional, psychological, and relational intimacy leads to a sense of aliveness, warmth, trust, connection, belonging, and appreciation for each other.
- When any two people have an appreciation for each other, life seems more precious.
- A feeling of making life more wonderful for each other is present.



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More Resources

Healing Practice & Collaboration Groups



SUSTAINABLE PEACE

ECONOMIC EVOLUTION

POLITICAL IMPROVEMENT

HUMAN CONSCIOUSNESS



Healing Practice & Collaboration Groups

Conscious People



Improving Politics

Quality Education Funding Wisdom & Wellbeing Needs Good Governance Civic Deliberation Building Trust & Collaboration

WISOCRACY
Wise Democracy, Wisdom, Wellbeing, Peace & Nature

WISE GOVERNMENT COALITION

10 WAYS TO IMPROVE DEMOCRACY

Compassionate Communication Solution Seeking Meaningful Media Wise Leadership Wise Economy

[See It Here](#)

Evolving Economics

Population / Carrying Capacity Balance Gross Wellbeing Product Disinvest from Fossil Fuels ESG Investment Circular Economy Whole Earth Business Models BioRegeneration

WHOLE EARTH ECONOMICS
ORIENTATION, DISCUSSION DASHBOARD DEVELOPMENT CREATIVE SUPPORT GROUP

WISOCRACY
Wise Democracy, Wisdom, Wellbeing, Peace & Nature

WHOLE EARTH ECONOMICS
Nature Humanity Peace

Planetary Boundaries Fair Share Taxes to Reduce Violence Global Demilitarization Funding for Human, Social & Earth's Needs Peace & Work-Life Balance Whole Earth Economics Education

[See It Here](#)

Sustainable Peace



[See It Here](#)



Our other free programs
can be read from the links on the previous page.

If you like the programs, you can become a member or supporter of Wisocracy on Patreon.
We can grow when you tell your friends about our free Wisocracy programs.

We can then work together to help
create a new Earth-friendly economic system.

We need more good-hearted, wise leaders for our world
who work toward peace, wisdom, and wellness for all and Earth.

You Can Become a Member or Supporter Here



You can list your
Healing Practice & Collaboration Group
with Wisocracy

As groups form,
we will hold monthly meetings

To Contact Wisocracy Press Here

A world of conflict, war
and suffering for so many



You can meditate with us,
heal and feel better



Wednesday
Wise World Healing
Meditation

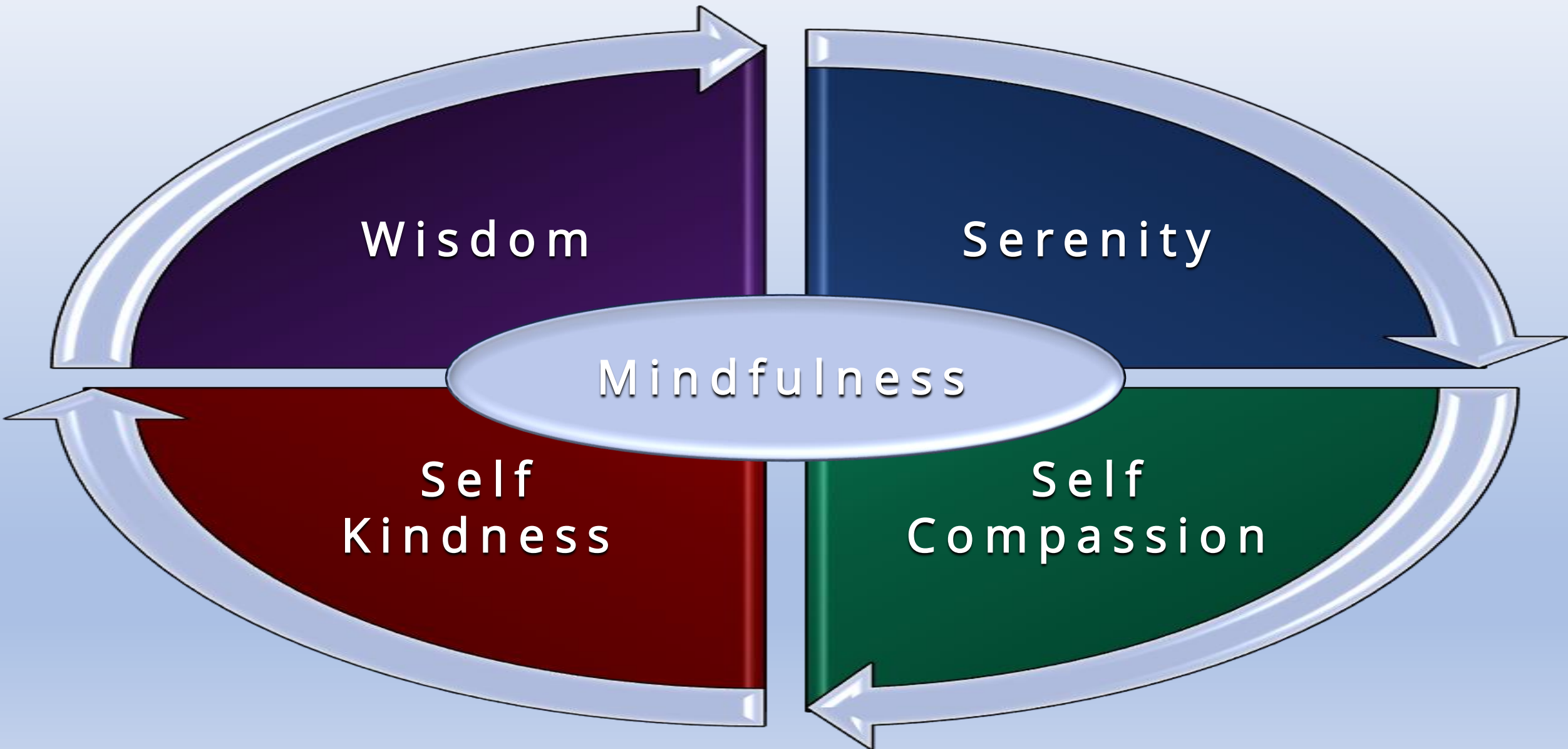


Each Week, 12:00 PM ET



You Can Join Our Meditation Here

Wednesday Wise World Healing Meditation



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About



Sanford Hinden
Educator, Administrator, Organizer, Author

- Sandy Hinden works for world peace, including *mutually assured survival* that includes *ending war, making peace with nature, and developing wellness for humanity*.
- Sandy provides [programs](#) for schools, 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](#).
- In 2014, he created the *Commonwealth for Earth & Humanity*, proposing annual 10% global military reductions to be used for funding human, social, and Earth’s needs.
- Sandy currently works on [Wisocracy](#) for wise democracy, wisdom, wellbeing, peace, and nature.





Healing
Practice &
Collaboration Groups