JOURNEY TO THE SACRED GENTER WITHIN



SANDY HINDEN

JOURNEY TO THE SACRED CENTER WITHIN

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JOURNEY TO THE SACRED CENTER WITHIN

It is wonderful for you to join us on our *Journey to the Sacred Center Within.*Our retreat program is designed to help us better understand vices, virtues, values, the Heroic Journey, mindfulness, meditation, and the sacredness of our lives, and our planet, in an evolving universe.

We will explore how the universal quests for sex, love, money, success, power, status, luxury, and even wellness, can lead to encounters with our own and others' egotism, greed, betrayal, malevolence, addiction, and foolishness.

We may then experience the woundedness of humiliation, feeling less than, anger, resentment, upsetment, boredom, sadness, fear, powerlessness, aimlessness, and lovelessness.

If we are wise and courageous, we may then take the Journey to the Sacred Center Within to discover the inner treasures we need to have an enjoyable, fulfilling, and satisfying life with others.

We can enjoy this adventure together with others seeking to gain access to the Sacred Center Within, called different names by many religions.

VICES, VIRTUES & VALUES

VICES & VIRTUES

Q. Where did the word *vice* come from?

- 1100s: from Latin vitium "defect, offense, blemish, imperfection," 1300s: from Old French vice "fault, failing, defect, irregularity, misdemeanor"
- The modern English term that best captures its original meaning is the word vicious, which means "full of vice"



Q. Where did the word *virtue* come from?

- <u>900s:</u> from Latin virtutem (nominative virtus) "moral strength, high character, goodness; manliness; valor, bravery, courage (in war); excellence, worth," from vir "man"
- 1200s: vertu, "moral life and conduct; a particular moral excellence," from Anglo-French and Old French vertu "force, strength, vigor; moral strength; qualities, abilities"
- <u>1300s</u>: The seven cardinal virtues were divided into the natural (justice, prudence, temperance, fortitude) and the theological (hope, faith, charity)
- 1600s: Especially (in women) "chastity, sexual purity"

UNHEALTHY / VICES	DEFINITION						
Pride (Arrogance)	A life centered in self						
Envy	Feeling sorrow at another person's good						
Wrath (Anger)	Unreasonable desire for vengeance Reluctance to work or make an effort						
Sloth (Laziness)							
Avarice (Greed)	Extreme desire for wealth or material gain						
Gluttony	Habitual overindulging and excess						
Lust	Treating others as a sexual object just for pleasure						

HEALTHY / VIRTUES	Practice						
Humility	A life of modesty and collaboration						
Admiration	Praising others						
Forgiveness	Understanding and taking steps to calm and mend self or a relationship						
Conscientious	Doing what is right to do one's work or duty well and thoroughly						
Generosity	Giving unselfishly for the common good						
Moderation, Self-Control	Understand cues that hijack your brain to lose self-control and binge						
Healthy Relationship	Treating others with dignity and respect						

VICES, VIRTUES & VALUES

- When we are a child, we start to the words "good" and "bad", "right" and "wrong".
- They are supposed to help us figure out which actions to take and not take.
- Depending on the people who surround them, and now, the media a child absorbs, they develop a set of behaviors and values.
- Once those behaviors and values are locked in place, it is hard to change.
- Life goes on. Mistakes are made.
- One type of person learns from their mistakes. Others may not learn from their mistakes.
- We may then encounter addictions, that are strong habits the mind cannot control.
- If the person seeks to change, they will have to learn new ways to think, set up a new, healthier life pattern, and find healthier friends to associate with.
- They can set up a Mindful Wellness Practice, including meditation.
- When can then learn that when we take "esteemable acts" we feel happier.
- Our values then become like guiding stars. When we pursue them, we feel better.

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

Thoughts

Emotions, Feelings

Body Sensations

Environment

MY VALUES INVENTORY

Area Satisfaction	0	1	2	3	4	5	6	7	8	9	10	Note
Health, Weight, Exercise												
Emotional												
Intellectual												
Spiritual				7.30				713				
Intimate Relationship												
Sexual					20							
Respectful, Fun Family												
Friends, Social, Community												
Career, Collaborators												
Financial												
National												
World, Nature												
Learning												
Hobby, Activities												
Other												



"Being a hero doesn't necessarily imply wearing a cape and having superpowers, although that would make things a lot easier. There's a hero in each one of us and the challenges we face and overcome every day are proof of our strength and courage.

The hero's journey is also known as the monomyth, a template for all the hero stories you know: the hero goes on an adventure, faces many trials, takes risks, wins a victory, and then comes home wiser and stronger than ever. As an expert on mythology, Joseph Campbell laid out the basic elements of this concept in his book The Hero's Journey.

The hero's journey did not originate in fiction. It is simply who we are as human beings. If you take a step back and think of all the things you've accomplished by now, the way you managed to overcome every situation that almost made you quit, and the kindness you've shown to others, you'll come to realize that you're the hero of your own story.

But your journey is not over yet – your obstacles will be your greatest teachers and hope, your best friend." - Flavia Medrut



A hero is someone who, in spite of weakness, doubt or not always knowing the answers, goes ahead and overcomes anyway.

CHRISTOPHER REEVE

The cave you fear to enter holds the treasure you seek.

JOSEPH CAMPBELL

And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in.

HARUKI MURAKAMI

The journey of a thousand miles begins with one step.

LAO TZU

There is no better than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time.

MALCOLM X



Life has no meaning.

Each of us has meaning and we bring it to life.

It is a waste to be asking the question when you are the answer.

JOSEPH CAMPBELL

The only thing that is ultimately real about your journey is the step that you are taking at this moment. That's all there ever is.

ALAN WATTS

When the hero is ready, the mentor appears.
WILL CRAIG

We must embrace pain and burn it as fuel for our journey.

KENJI MIYAZAWA

The most beautiful people I've known are those who have known trials, have known struggles, have known loss, and have found their way out of the depths.

ELIZABETH KÜBLER-ROSS



The great mission of our day is not conquering the sea or space, disease or tyranny. The grand quest which calls to the hero in every one of us is to become fully alive – to stand up and claim our birthright, which is inner freedom, love and radiant purpose.

JACOB NORDBY

The hero journey is inside of you; tear off the veils and open the mystery of yourself.

JOSEPH CAMPBELL

Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourself a difficult task, but you will succeed if you persevere, and you will find joy in overcoming obstacles.

HELEN KELLER

When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready.

The challenge will not wait. Life does not look back.

PAULO COELHO



The world breaks everyone, and afterward, many are strong at the broken places.

ERNEST HEMINGWAY

often difficult and sometimes incredibly cruel, but we are well equipped for it if only we tap into our talents and gifts and allow them to blossom.

LES BROWN



12. Return with the Elixir to Heal the World

The Ordinary World

1. The Call of Adventure

2. Refusal of the Call

3. Crossing the First Threshold

11. The Resurrection Renewal, Renaissance Regeneration

10. The Road Back Atonement, Return

Courage
Clarity
Consciousness
Compassion
Love
Kindness
Good Humor
Wisdom
Benevolence

9. Gaining The Reward
The Boon
The Treasure
The Magical Potion
The Hidden Secret
Gaining the Wisdom
The Revelation
The Transformation

The World of Adventure

Mystery, Challenges
Power & Love



8. The Ordeal Decisive crisis Win a victory

4. Meeting the Mentor

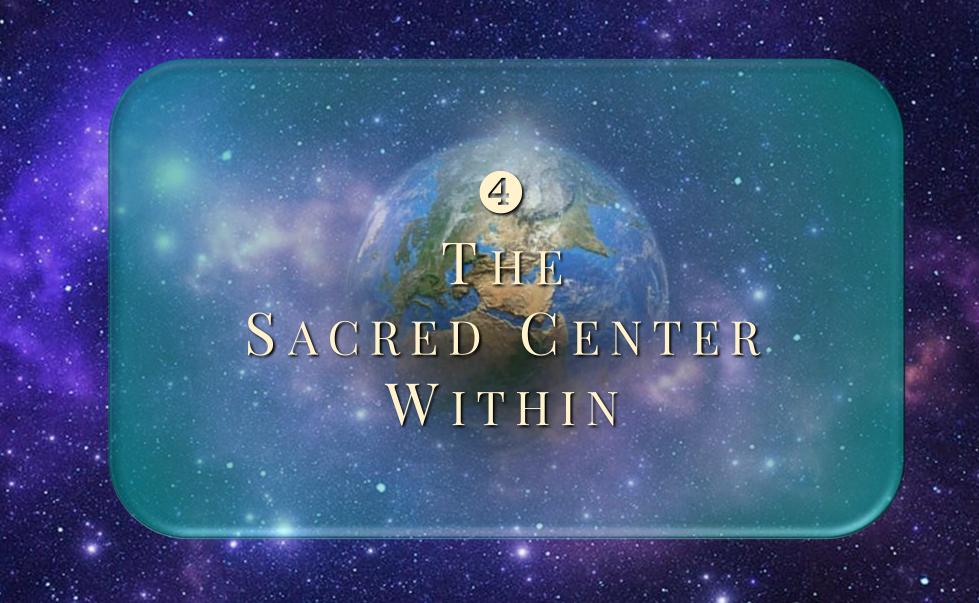
5. Tests, Challenges Enemies, Allies

6. The Supreme Ordeal-Abyss
The Wounding Initiation

7. Approach to the Inmost Cave The Healing

Sex
Money
Power, Status
Egotism
Greed
Betrayal
Malevolence
Foolishness
Addictions





Quests for
Sex, Love, Money, Success,
Power, Status, Luxury,
Wellness

Encounters with

Egotism, Greed, Betrayal, Malevolence, Addiction, Foolishness



SACRED CENTER WITHIN

Consciousness, Clarity, Mindfulness, Wisdom,
Calmness, Serenity, Peace, Balance, Harmony,
Humility, Compassion, Love, Kindness, Forgiveness,
Positive Energy, Gratitude, Happiness, Good Humor,
Courage, Integrity, Truth, Benevolence, Wellbeing, Wellness

JOURNEY TO THE
SACRED CENTER
WITHIN

Woundedness of

Humiliation, Less Than, Anger, Resentment, Upsetment, Boredom, Sadness, Fear, Powerlessness, Aimlessness, Lovelessness

Encounters



Quests

SACRED CENTER WITHIN
Consciousness, Clarity, Mindfulness, Wisdom,
Calmness, Serenity, Peace, Balance, Harmony,
Humility, Compassion, Love, Kindness, Forgiveness,
Positive Energy, Gratitude, Happiness, Good Humor,
Courage, Integrity, Truth, Benevolence, Wellbeing, Wellness

JOURNEY TO THE
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Woundedness

WHAT HAPPENED WHERE ARE YOU NOW? WOUNDEDNESS QUESTS ENCOUNTERS SACREDNESS Consciousness Egotism Humiliation Sex Clarity Foolishness Less Than Love Mindfulness Wisdom Money Greed Anger What Calmness qualities Resentment Success Betrayal Serenity would Peace Upsetment Malevolence Power help you Balance heal and Addiction Boredom Status Harmony flourish? Humility Foolishness Sadness Luxury Compassion Wwllness Fear Loving-Kindness Forgiveness **Powerlessness** Positive Energy Aimlessness Gratitude Happiness Lovelessness **Good Humor** Courage Integrity-Truth Benevolence Wellbeing, Wellness

EVOLVING SENSE OF THE SACRED ON EARTH

EVOLVING SENSE OF THE SACRED ON EARTH

4 billion, 500 million years ago the Sun and Earth were formed...

Humans began evolving 315,000 years ago... If we compare the life span of Earth and Humans as one day, humans showed up SECONDS AGO... In a fraction of a millisecond... just 200 years...

Homo Sapiens, meaning Wise Man, has destroyed the Earth's biosphere...

For the past 6,000 years of recorded History of Religion,

humans have been trying to alter and modify human thinking, feelings, and behavior...

We now need the rapid evolution of consciousness, compassion, creativity, and wisdom to survive.

JEWISH Tikkun Olam, Loving-Kindness to Repair the World

HINDU Unity through Love, Truth, Non-violence

BUDDHIST Mindfulness, Compassion

JAIN Ahimsa, Non-violence

SIKH Selfless-Service

CHRISTIAN Love, Charity, Forgiveness

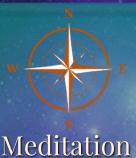
MOSLEM Zakat, Charity

OTHERS Peace, Serenity, Gratitude, Humility, Happiness, Wisdom, Positivity, Grace, Goodwill, Consciousness

EARTH Simplicity, Recycling, Regeneration, Sustainable Systems of Economics, Energy, Water and Food



ON THE JOURNEY



Serenity

Peace

Compassion

Kindness

Positivity

Wisdom

- I meditate each day.
- So many people are suffering from abuse and trauma.
- They may have little kindness in their lives and may share little kindness with others.
- Lack of kindness is also coming from political dictators,
 conflict zones, and politicians who promote greed and hate
 they have little kindness in their hearts.
- The media then tells these stories, further spreading negativity.
- I meditate each day, return to inner-kindness and positive energy,
 and take positive action to help family, friends, and the Earth.
- I am peaceful, positive, grateful, happy, warm, kind, friendly, fun, creative, and seek wisdom and wellness.
- I am grateful to the Universe, the Creation, the Sun, the Earth, Life, and Nature.
- I am grateful to be alive and for my blessings.

SACRED EARTH

"The Earth, with its layers of land and water and air, provides the space within which all living things are nurtured and the context within which humans attain their identity. If in the excitement of a secular technology, reverence for the Earth has diminished in the past, especially in the western world, humans now experience a sudden shock at the devastation they have wrought on their own habitation.

The ancient human-Earth relationship must be recovered in a new context, in its mystical as well as in its physical functioning.

There is need for awareness that the mountains and rivers and all living things, the sky and its sun and moon and clouds all constitute a healing, sustaining sacred presence for humans which they need as much for their psychic integrity as for their physical nourishment.

This presence whether experienced as Allah, as Atman, as Sunyata, or as the Buddha-nature or as Bodhisattva; whether as Tao or as the One or as the Divine Feminine, is the atmosphere in which humans breathe deepest, and without which, they eventually suffocate."

Rev. Thomas Berry 1914-2009, Geologian

"In my view... humanity has reached that stage on Planet Earth:
we must revise our basic values dating from the 19th and early 20th centuries
and acquire a new evolutionary wisdom that respects nature, the Earth and their basic laws.

If nature has produced the incredible, sophisticated variety of innumerable living species around us, each one a true miracle, it is simply not possible that the human species is not a miracle too, perhaps the most advanced of all.

We are no longer our own objective. We have become the caretakers, the trustees, the shapers of future evolution, the instruments of the cosmos, integral parts of it.

The future of the Earth will be bright and life will not become extinct if we decide so at the beginning of a new century and millennium. We are entering a thrilling, transcending new global, cosmic phase of evolution in the line indicated by Teilhard de Chardin, the anthropologist, if the human species understands its suddenly momentous, incredibly important evolutionary role and responsibility."

Robert Muller 1923–2010, United Nations Assistant Secretary-General Cofounder, United Nations University for Peace "This is how we will heal the Earth, and ourselves

– through deep love and intimate local knowledge of
her waters and soils, her moods and changing conditions.

When the Earth is sacred to us again, we will do what is required to mend our relationship with her, even if it means giving up certain habits or goals that once mattered: more money, a bigger house, or a way of life dependent on fossil fuels.

When we remember that our bodies and the Earth-body are inseparable, we will hear her cry and feel her pain as our own.

And we will not turn away."

Kosmos Newsletter July 2018



BIOGRAPHICAL INFORMATION



Sanford "Sandy" Hinden Educator, Administrator, Organizer, Author

- Sandy's life is spent working for world peace, including mutually assured survival that includes ending war, making peace with nature, and developing wellness for humanity.
- Sandy provides <u>programs</u> 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 and 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 for 14 years.
- He is the author of <u>7 Keys to Love Opening Love's Door to Joy & Wellbeing.</u>
- He initiated the *Concert for the Earth* with Paul Winter for the *UN Environment Program* held in the United Nations General Assembly on World Environment Day, June 5th, 1984.
- He created Commonwealth for Earth & Humanity in 2014, proposing 10% global military reductions, now being proposed for <u>Mutually Assured Survival</u>. He is one of the founders of and coordinator of <u>Evolving Leaders for Mutually Assured Survival</u> and founder of <u>Wisocracy</u>.



REFERENCES

"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 see him in charge of a major newspaper section on good news and happiness for the people. He would be very precious for 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 GeneralCofounder, UN University for Peace, Costa Rica

"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 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

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