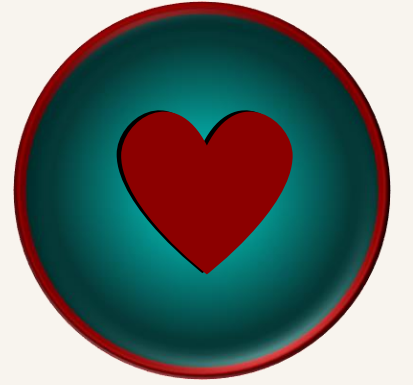




**OUR
PRACTICE FOR
WISDOM & WELLBEING**



Wisdom ❖ Wellness

Peace ❖ Gratitude ❖ Happiness



WISOCRACY

Wise Democracy,
Wisdom, Wellbeing
& Peace





Dear Friend for a Better World,

I have seen that we need something healthy to practice or we can become drawn into following unhealthy leaders, ideas, organizations, or processes.

We can develop and use this practice for wisdom and wellbeing to help us create peace, balance, gratitude, and happiness.

The following pages are helpful methods and worksheets we use in our practice. I hope they help you.

For our wisdom & wellbeing,
Sandy Hinden



Our Wisdom & Wellbeing Practice



1. Journaling
2. Meditation
3. Healthy food in moderation
4. Exercise
5. Affirmations
6. Healthy friends
7. Helpful qualities



Peace
Compassion
Gratitude
Fun
Wisdom

Simplicity
Kindness
Happiness
Creativity
Wellbeing

How Positive & Peaceful Do I Feel?

	1	2	3	4	5	6	7	8	9	10	
Negative											Positive
Intense											Peaceful

☹ Lower negativity and intensity

☺ Increase positivity and peaceful serenity

[illegible][illegible]

My Daily Inventory

What happened yesterday, today? What did I do?	
How did I feel, or do I feel?	
What did I need? What do I need?	
Did I take action in the direction of my goals / values?	
Did I take care of my feelings and needs?	
Did I follow my program?	
Was I mindful?	
Did I meditate for at least 5 minutes?	
What didn't go well?	
Did I do anything unhealthy or not in my best interest?	
Did I cause any harm to anyone?	
Do I need to make amends or admit I was wrong?	
Did I help anyone?	
Did I do anything I can feel proud of or happy about?	

Helpful Understanding & Behaviors for Healthy Living



- Unhealthy people, food or media are like a drug
- They produced dopamine and cortisol
- Set healthy boundaries
- Practice mindfulness
- Meditate
- Set a goal
- Problem-solve



- Proportion your time
- Enjoy relaxing music
- Limit screens
- Limit reading and watching negative news
- Eat healthy food, in moderation
- Hydrate
- Exercise
- Get enough sleep

Human Needs Hierarchy

What
are you
feeling and
needing?

What
would you
like?

Transcendence & Generative Needs



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

Education, Freedom, Meaning,
Purpose, Direction, Creativity,
Intellectual & Aesthetic Fulfillment

Esteem Needs

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



Love & Belonging Needs

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

Safety Needs

Personal security, employment,
resources, health, peace

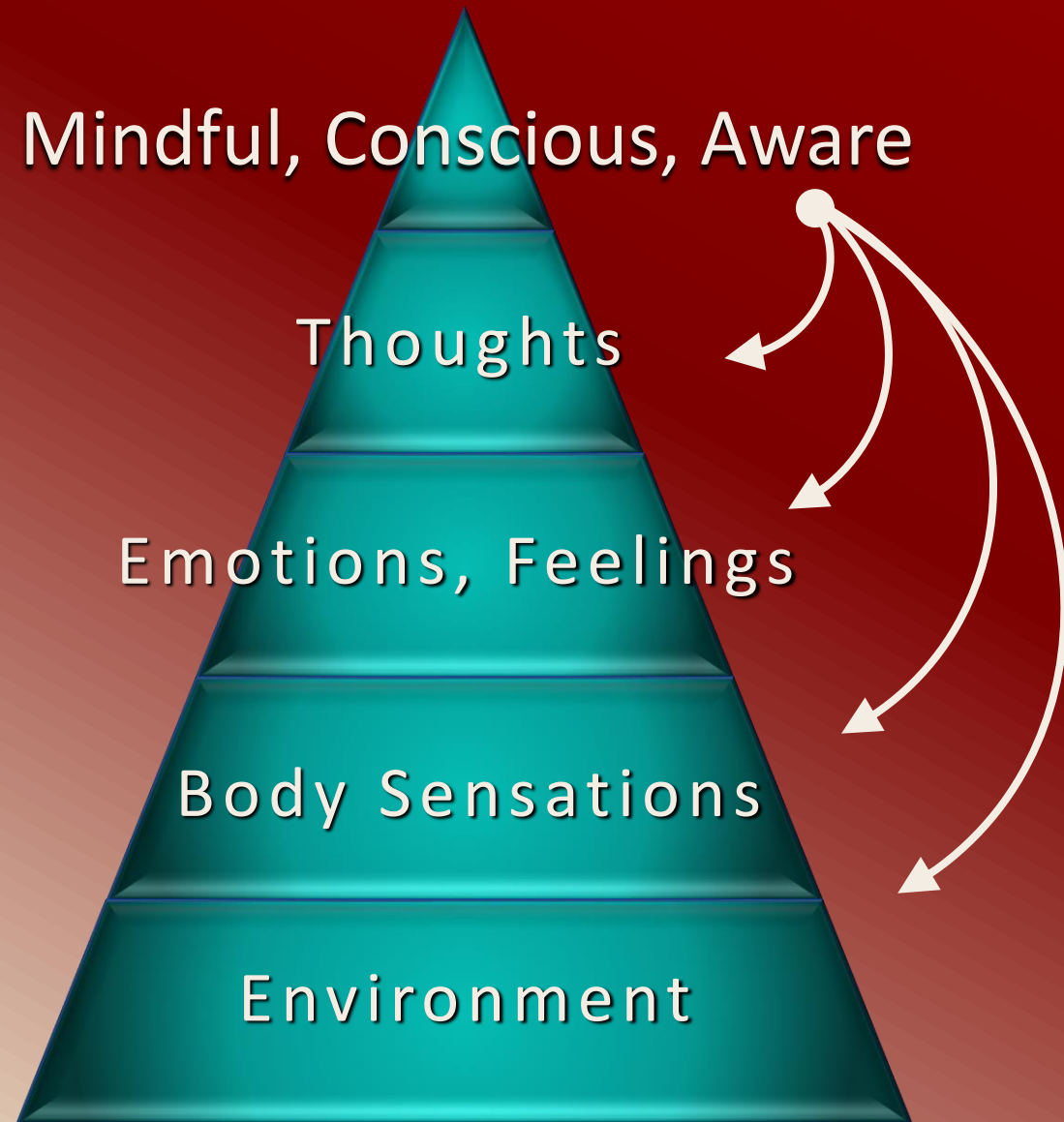


Physical Needs

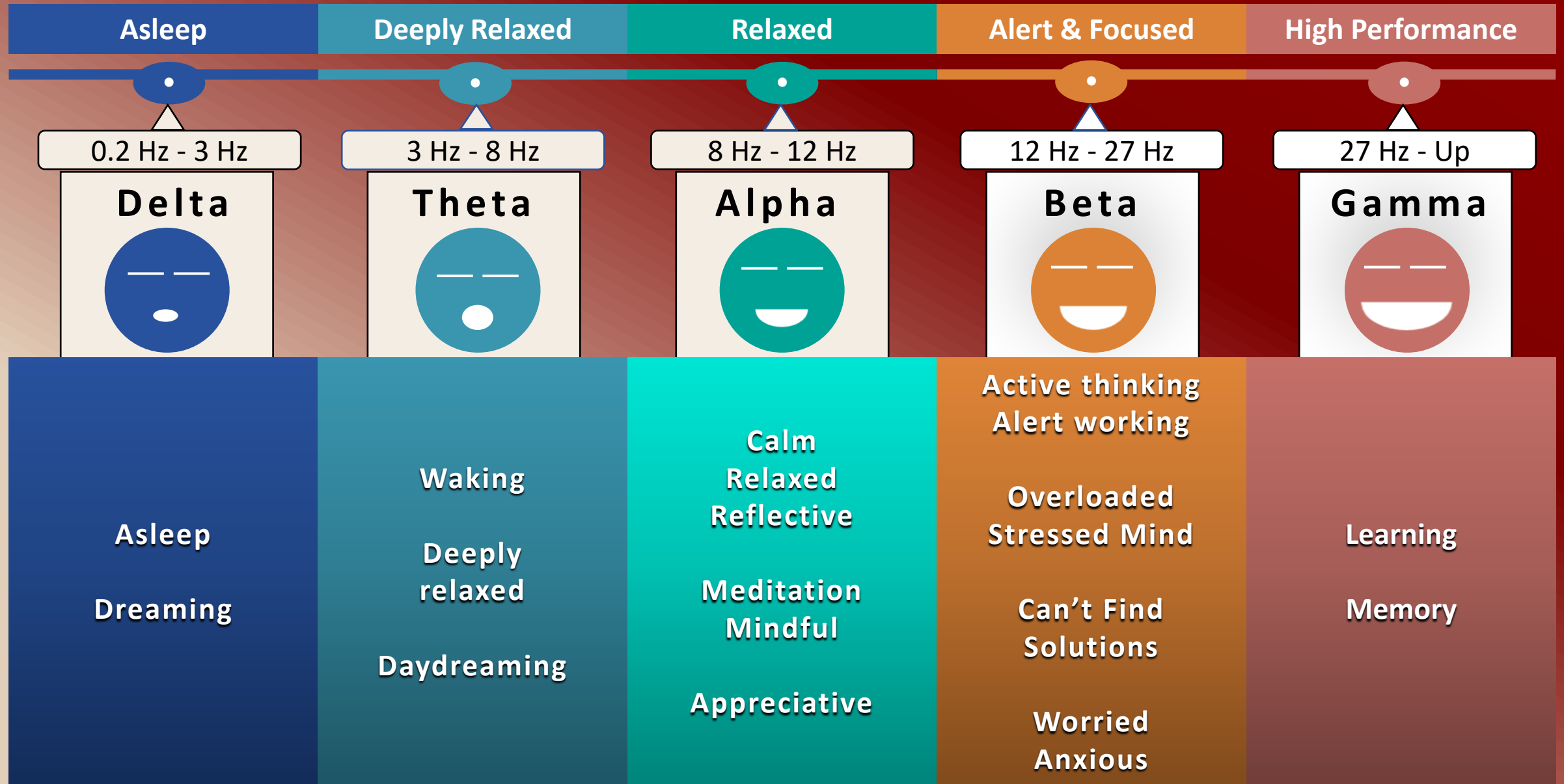
Air, water, food, shelter,
sleep, clothing, pleasure, reproduction

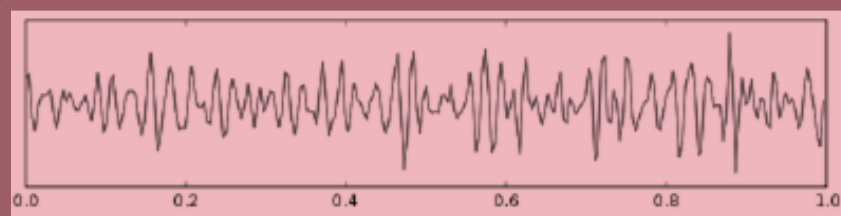
Mindful Awareness

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



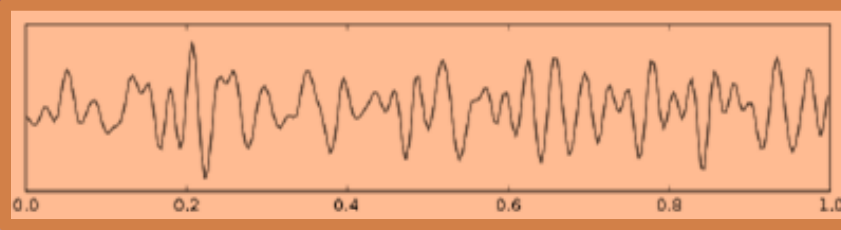
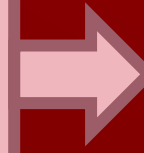
Brain Waves





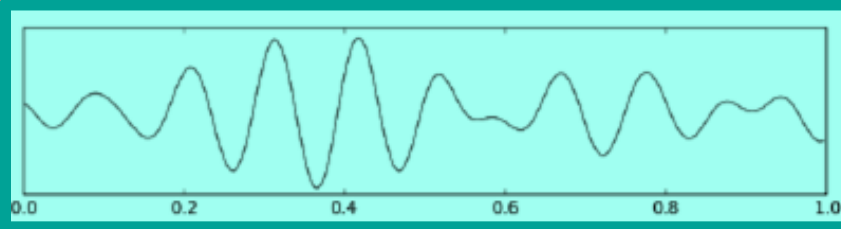
Gamma Brainwaves

27 Hz - Up



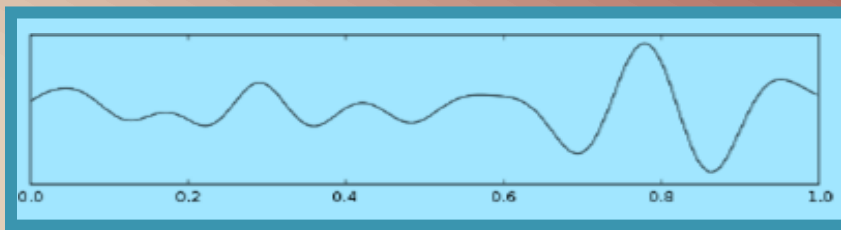
Beta Brainwaves

12 Hz - 27 Hz



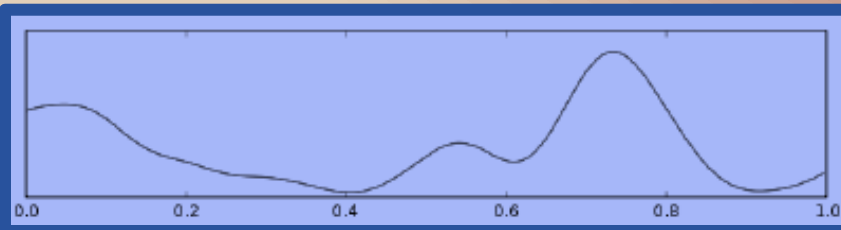
Alpha Brainwaves

8 Hz - 12 Hz



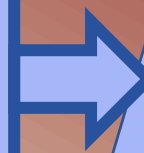
Theta Brainwaves

3 Hz - 8 Hz



Delta Brainwaves

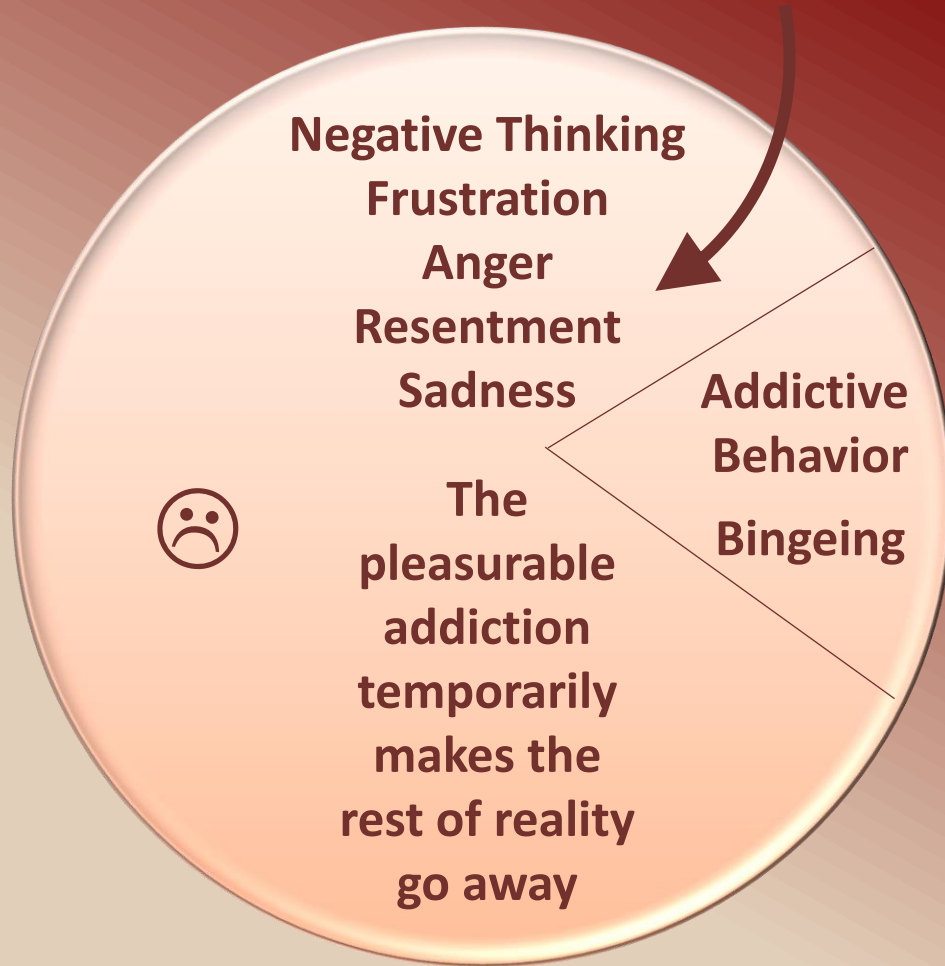
0.2 Hz - 3 Hz



Active Mind
Chattering Mind
Monkey Mind
Meditation
Mindful
Reflective
Appreciative
Calm
Relaxed
Quiet Mind
Still Mind
Silence
S p a c i o u s
Sleeping

Beta Overload

Can't Find Solutions
Stressed Mind, Worried, Anxious



Take an Alphawave Break

Meditation, Mindful
Calm, Relaxed, Reflective, Appreciative



Unconscious Reaction to Conscious Responding

Habit
change
over time

New
Pattern

Daily
Wisdom &
Wellbeing
Practice

Old
Pattern

Just
notice
the
increase
in
tension

Deep
acceptance
of
“what is”
as part of
the process

Mindful
conscious
awareness
of
what is
going on

Using the
practice of
mindful
awareness
with
detachment
and calm

Responding
with
serenity,
compassion,
and
wisdom

Pressure
and
tension
build-up

Mental
resistance
to what is
going on

Losing
consciousness

Lost
conscious
awareness

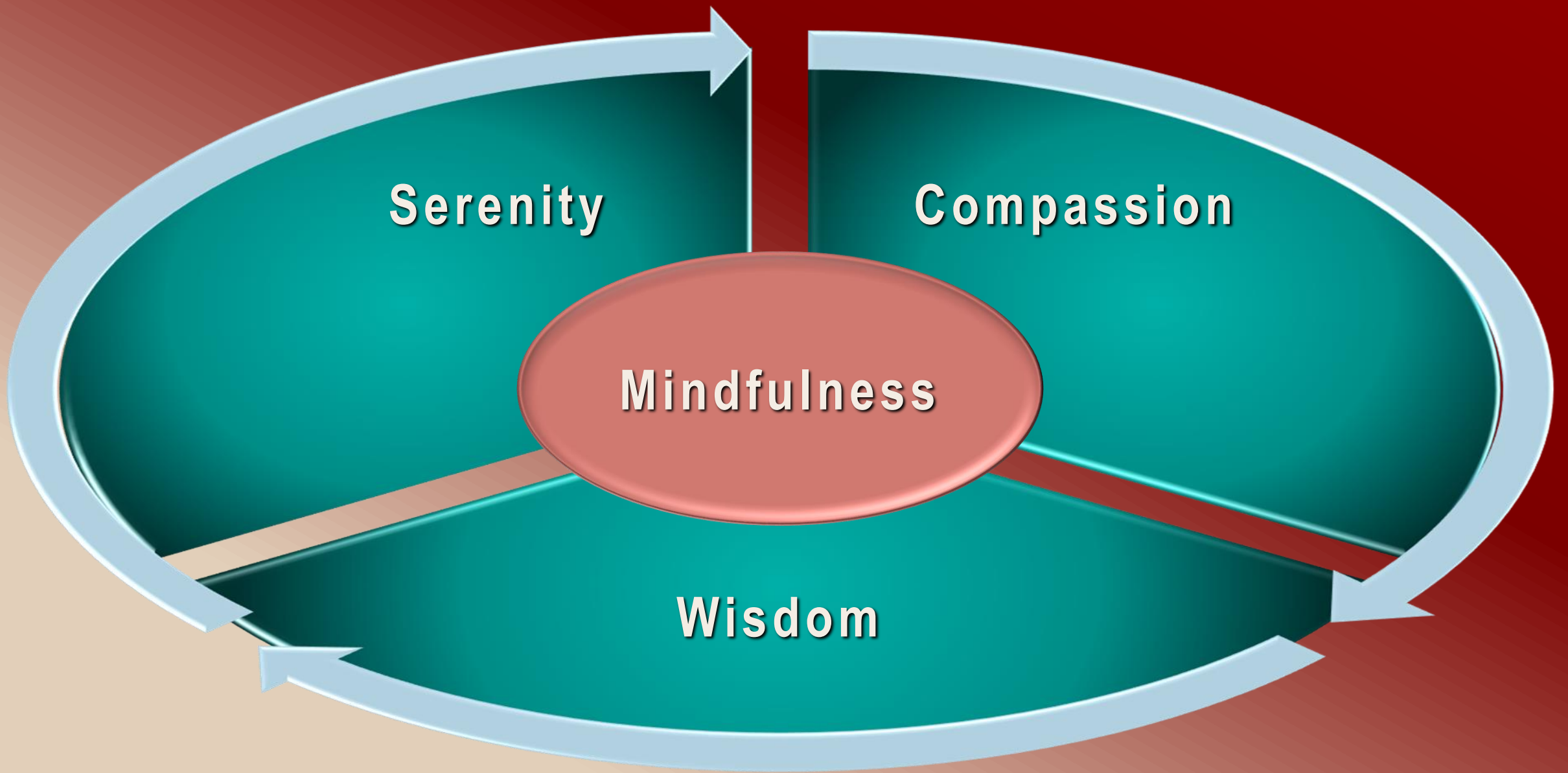
Emotion
triggered

Hurtful anger
expressed
at another
——
Use of the
addictive
substance
or process

Anger
at self,
guilt,
shame

Conflict Resolution Styles

	Self-Absorbed	Compassionate
Strong	Cruel Dictators	Wise Leaders
Weak	Arrogant Impotence	Fragile Good-hearted



Better Thinking, Feeling & Behavior

A	B	C	D	E	F
Adversity Activating Event	Self-disturbing Irrational Beliefs about the Adversity	Unhelpful Emotional and Behavioral Consequences	Disputation to Challenge B	Effective New Rational Beliefs Effective Change	Helpful New Feelings
I made a typo in my email cover letter to 100 people	I am such a jerk I never get it right I am a loser	Disappointment Sadness Anger Fear Blaming Shaming Self-putdown	I am a good person I try very hard to do well Perfection is often elusive Humility saves me from humiliation	I learn from my mistakes The past is over Tomorrow, I will be more mindful, aware, and patient, and check my work Tomorrow will be a better day Positive energy helps brings me what I need	Unconditional acceptance of what is Self-compassion Self-forgiveness Self-appreciation Self-kindness Self-care I bounce back, try again, and go forward

Better Thinking, Feeling & Behavior

A	B	C	D	E	F
Adversity Activating Event	Self-disturbing Irrational Beliefs about the Adversity	Unhelpful Emotional and Behavioral Consequences	Disputation to Challenge B	Effective New Rational Beliefs Effective Change	Helpful New Feelings

10 Steps to Wisdom

Wisdom
is the ability
to
think and
act well

1

Learning lessons from self-reflection, past experiences, and mistakes.

2

Developing common sense from observations, experiences, and seeking facts.

3

Gaining knowledge throughout life. Listening to and learning from wise people.

4

Calming and understanding the meaning of emotions and any unfulfilled needs.

5

Deeply listening to understand more and what is really going on.

6

Sorting complexity into categories of opinions, facts, feelings, values, needs.

7

Quietly accessing inner wisdom by asking a question.
Quietly letting the brain access memory and creative problem-solving.
Quietly listening for an inner wise answer.

8

Creating insights and connecting the dots.

9

Using reason to make considered, healthy choices.

10

Taking effective, efficient, efficacious action.

Growing Consciousness

Many people are caught up in a superficial society,
not growing in consciousness.

Here is how we can grow in consciousness:



1. Become aware of your feelings, thoughts, concerns, and needs.
2. Become aware of what is going on in your environment and the world.
3. Be mindful of your thoughts, just *notice them* without being attached to them.
4. Meditate
5. In meditation, serenely ask your inner wisdom a question, and quietly listen for an answer.
6. Return to serenity, compassion, and inner wisdom each day.
7. Enjoy little moments of gratitude and happiness each day.
8. Take care of your feelings and needs each day.

Emotional & Social Skills

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



- 1. How to be compassionate and kind to yourself and others.**
- 2. How to be considerate of each other in daily life.**
- 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 sit with someone who is suffering and have a good conversation.**
- 7. How to ask for what you need respectfully.**
- 8. How to disagree respectfully.**
- 9. How to ask for forgiveness and make amends.**

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...**



Passive	Aggressive	Assertive
Self-putdowns	Authoritarian	Kind and firm
Devaluing self	Self-aggrandizement	Empathy, compassion for self & others
Self-sacrificing	Extreme self-sufficiency, lack of relationships	Healthy relationships
People-pleasing	Neglect, not interested in feelings & needs of others	Balances own feelings and needs and feeling and needs of others
Caretaking at own expense	Entitlement rage	Healthy self-care
Overprotective, helicopter parent	Defensive in failure	Appropriate risk-taking
Leniency, permissive	Non-reflective, not learning from mistakes	Reflective, resiliency, grit, learns from mistakes
Over-valuing others' accomplishments	Undervaluing others' accomplishments	Proportional praise, gives earned praise and useful feedback
Lack of healthy boundaries	Overrunning boundaries, abuse, harshness, harming, mistreatment,	Sets and maintains healthy boundaries
Vulnerable narcissism	Grandiose narcissism	Healthy self-regard

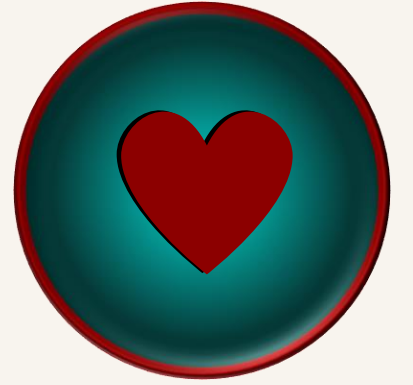
World Mental Health Crisis

- 1.** We appear to be in a world mental health crisis.
- 2.** Narcissistic, paranoid, delusional dictators threaten nuclear annihilation of the world.
- 3.** GDP fanatics, corporations, and consumers are in denial and won't pay for what they really use, destroying nature and our whole planet.
- 4.** Mentally ill people with easy access to guns are shooting people in schools and communities.
- 5.** The Tennessee shooter was a mentally ill 28-year-old woman who bought 8 guns.
- 6.** Republicans are disingenuous voting against abortion and allowing the National Rifle Association and gun manufacturers to block legislation that ends up killing children.
- 7.** Almost 50,000 people, in the wealthiest country in the world, commit suicide each year.
- 8.** In that same super-wealthy country, a million people a year die from addictions to food, alcohol, drugs, and high blood pressure caused by stress.
- 9.** Religious and conspiracy fanatics deny science and seek to take over courts and countries.
- 10.** The following page shows 8 types of political groups, each speaking different political languages, creating a babel of voices, people talking past each other at the same time, not understand what each other's true feelings are and what their legitimate needs may be.

Far Left	Progressives	Liberals	Centrists Moderates	Conservatives	Libertarians	Far Right			
Anarchists No Government	Social Democrats	Women's Rights	Status Quo	Business Class Low Taxes Small Government Orthodox Fundamental Religions Anti-Abortion	Radical Business Deregulation	Dictators Authoritarians Brutalists Dominators Bullies			
	New Economics	LBTGQ+	Consumer Culture			White Nationalists Secessionists Racists			
	Protopians	Equal Rights	Fantasy & Fandom						
	Eco- Civilization	Gender Rights	Fashionistas Foodies Entertainment Gamers			Anti- Immigration			
	Regeneritists	Black Lives Matter	Sports Fanatics			Oligarchs			
	Localists	Gun Regulation	Gamblers			Anti Gun Legislation			
	Peace		Addictions						
	Gun-Control		Women's Rights			Pro-Cars Pro-Fossil Fuel High-Carbon Lifestyle			
	World Federalists and Others Seeking a People's Government for Earth & Humanity								



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