

P e a c e
o n
E a r t h
A l l i a n c e



Peace on Earth Meditation & Creative Conversation

each Monday at 12 PM, ET

for peace within, peace in families and communities,

peace in the world between nations,

peace in politics and economics

for justice, education, health, and housing,

and making peace with nature for

a sustainable Earth.



Peace on Earth Meditation Circle



Mondays 12 PM, ET On Zoom

You Can Register Here

Peace on Earth Alliance
Meditation & Creative Conversation Circle

Invitation	4
Peace on Earth	7
Meditation Benefits	11
Peaceful, Mindful Living	15
Peace Think Tanks & Peace Policy	19
About & Contact	24



Invitation



P e a c e o n E a r t h M e d i t a t i o n C i r c l e

Dear Friend,

Most people around the world want to live in peace.

We invite you to join our **Monday Peace on Earth Meditation Circle**.

You are welcome to meditate with us any Monday.

We'll meditate for 20 minutes, followed by a **circle conversation**.

Together, we'll share serenity, compassion, wisdom, and wellness.

Let's transform our dreams of peace into seeds of peace.

By cultivating inner peace, we can nurture a world that grows in peace, harmony, and well-being for all.

Feel free to invite your peace-loving friends to join our circle.

Sandy Hinden

P.S. If your project, program, or organization would like to be listed as a member of the **Peace on Earth Alliance**, just let me know.



Peace on Earth

A faint world map is visible in the background, with continents colored in light shades of blue, green, and yellow. The map is centered on the Atlantic Ocean.

Annual Global Estimates - AI

Global Wars	20-30
Conflicts	60-70
Domestic Violence	200 million reported

It is estimated that between 550,000 and 800,000 people are killed annually due to violence.

War and Conflict	100,000 - 200,000
Crime	400,000 - 500,000
Domestic Violence & Other Disputes	50,000 - 100,000

Unhealthy Living



Harm
War



Indifference



Foolishness
Lack of Consciousness
Selfish Values



Wellness



Peace
Serenity



Compassion

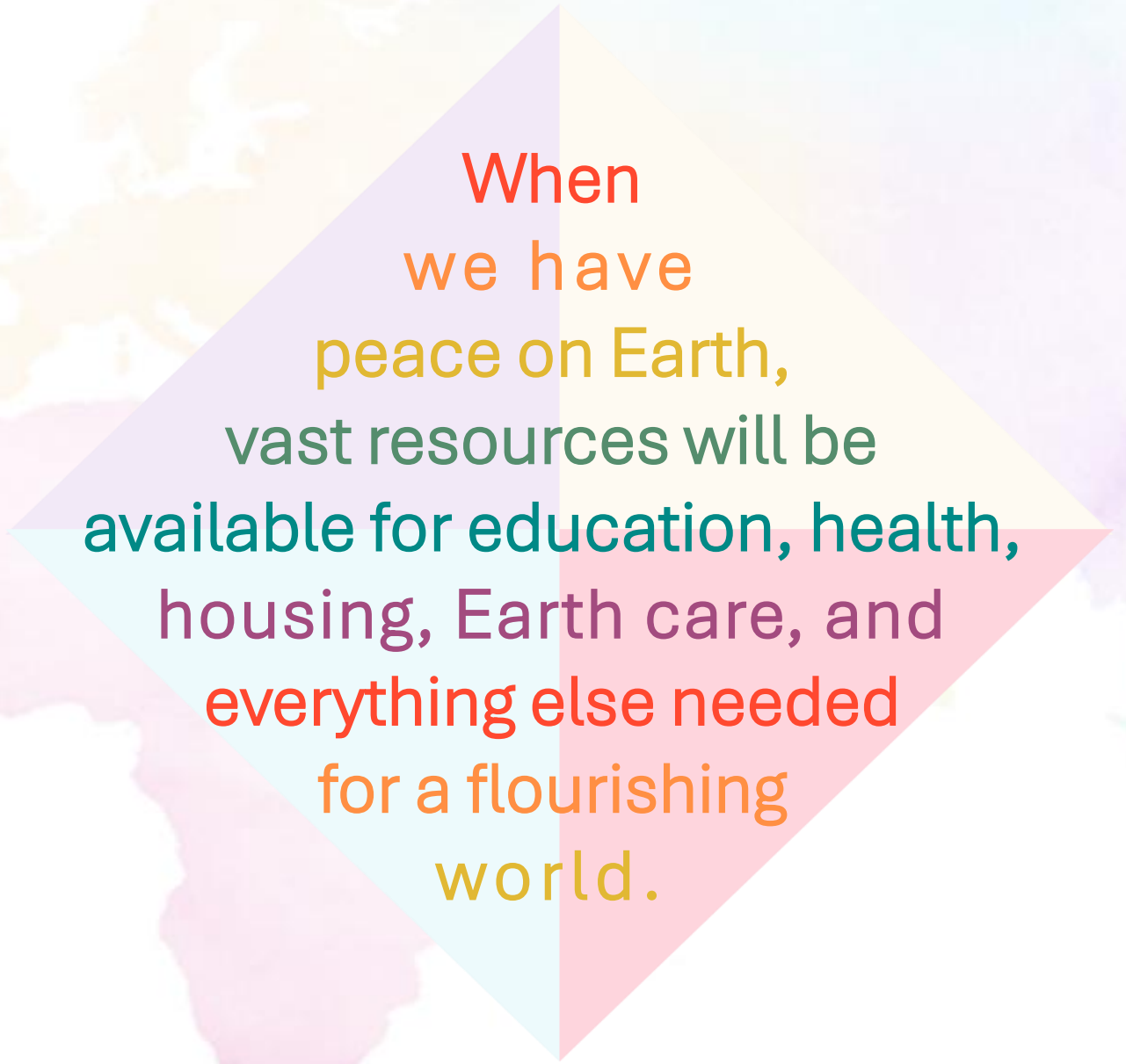


Wisdom
Growing Consciousness
Caring Values



The logo features a circular globe with a red peace symbol overlaid. The text "Peace on Earth Alliance" is written across the symbol in a multi-colored, sans-serif font. The background of the slide is a faint world map with pastel-colored continents.

Peace on Earth Alliance

A large, semi-transparent diamond shape is positioned on the right side of the slide. It is divided into four colored quadrants: top-left (light purple), top-right (light yellow), bottom-left (light blue), and bottom-right (light pink).

When
we have
peace on Earth,
vast resources will be
available for education, health,
housing, Earth care, and
everything else needed
for a flourishing
world.



Meditation Benefits

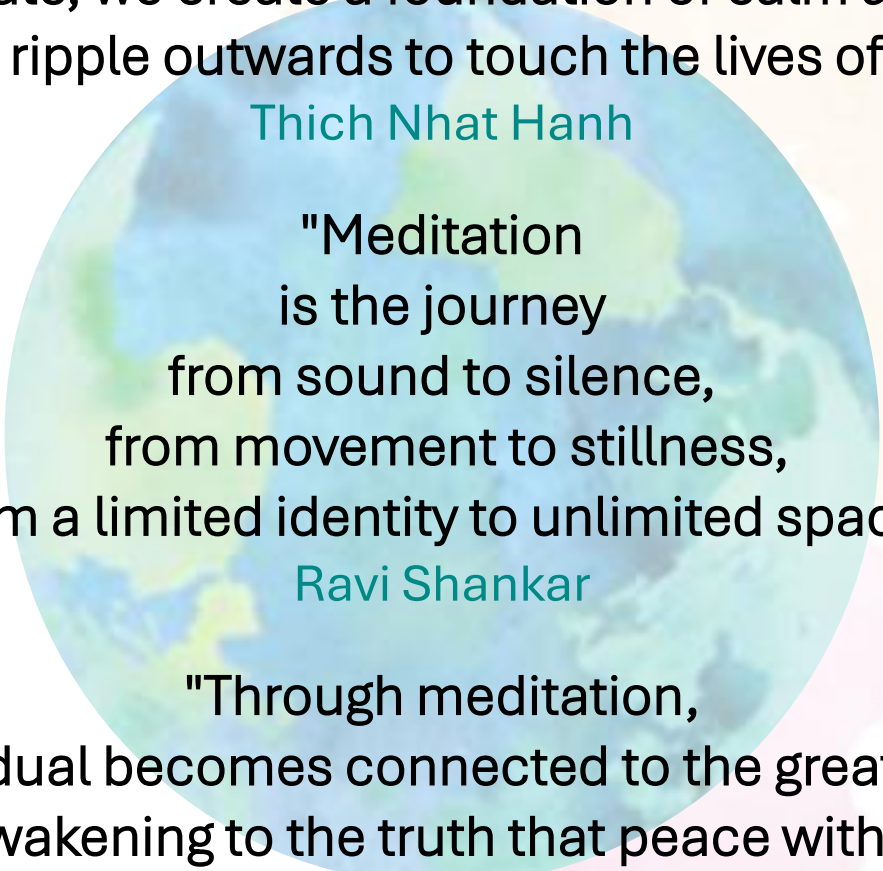
7 Benefits of Meditation

1. **Reduces Stress:** Meditation helps calm your mind, which can lower stress levels.
2. **Improves Focus:** Regular meditation improves your ability to concentrate and stay focused.
3. **Enhances Emotional Health:** It can make you feel happier and more positive by reducing negative emotions.
4. **Better Sleep:** Meditation can help you relax, making it easier to fall asleep and stay asleep.
5. **Increases Self-Awareness:** It helps you understand your thoughts and feelings better, leading to greater self-awareness.
6. **Boosts Creativity:** Meditation can clear your mind, allowing for more creative thinking and problem-solving.
7. **Promotes Kindness:** Some types of meditation increase feelings of compassion and kindness toward yourself and others.

How Meditation Can Help Create World Peace

Meditation contributes to world peace by fostering inner peace and compassionate action.

1. **Inner Calm and Clarity:** When individuals meditate, they cultivate inner calm and mental clarity. This reduces stress, anxiety, and negative emotions, creating a more peaceful mindset.
2. **Empathy and Compassion:** Meditation practice can develop empathy and compassion. As more people become empathetic and compassionate, they are likely to have more understanding and harmonious interactions with others.
3. **Reduced Aggression:** Regular meditation can lower tendencies toward anger and aggression. When people are less reactive, conflicts are less likely to escalate.
4. **Community Connection:** Group meditations and mindfulness practices build a sense of community and connection, promoting a shared sense of peace and purpose.
5. **Positive Energy Spread:** The peaceful energy cultivated in meditation can spread to others, inspiring more people to adopt peaceful practices and mindsets.
6. **Increased Global Awareness:** Meditation can lead to a deeper awareness of the interconnectedness of all people, fostering a sense of global unity and responsibility.
7. **Collective Peace Consciousness:** If large numbers of people meditate regularly, it can help shift the global narrative to a more peaceful world.



"World peace begins with inner peace.
When we meditate, we create a foundation of calm and compassion
that can ripple outwards to touch the lives of others."

Thich Nhat Hanh

"Meditation
is the journey
from sound to silence,
from movement to stillness,
from a limited identity to unlimited space."

Ravi Shankar

"Through meditation,
the individual becomes connected to the greater whole,
awakening to the truth that peace within
leads to peace in the world."

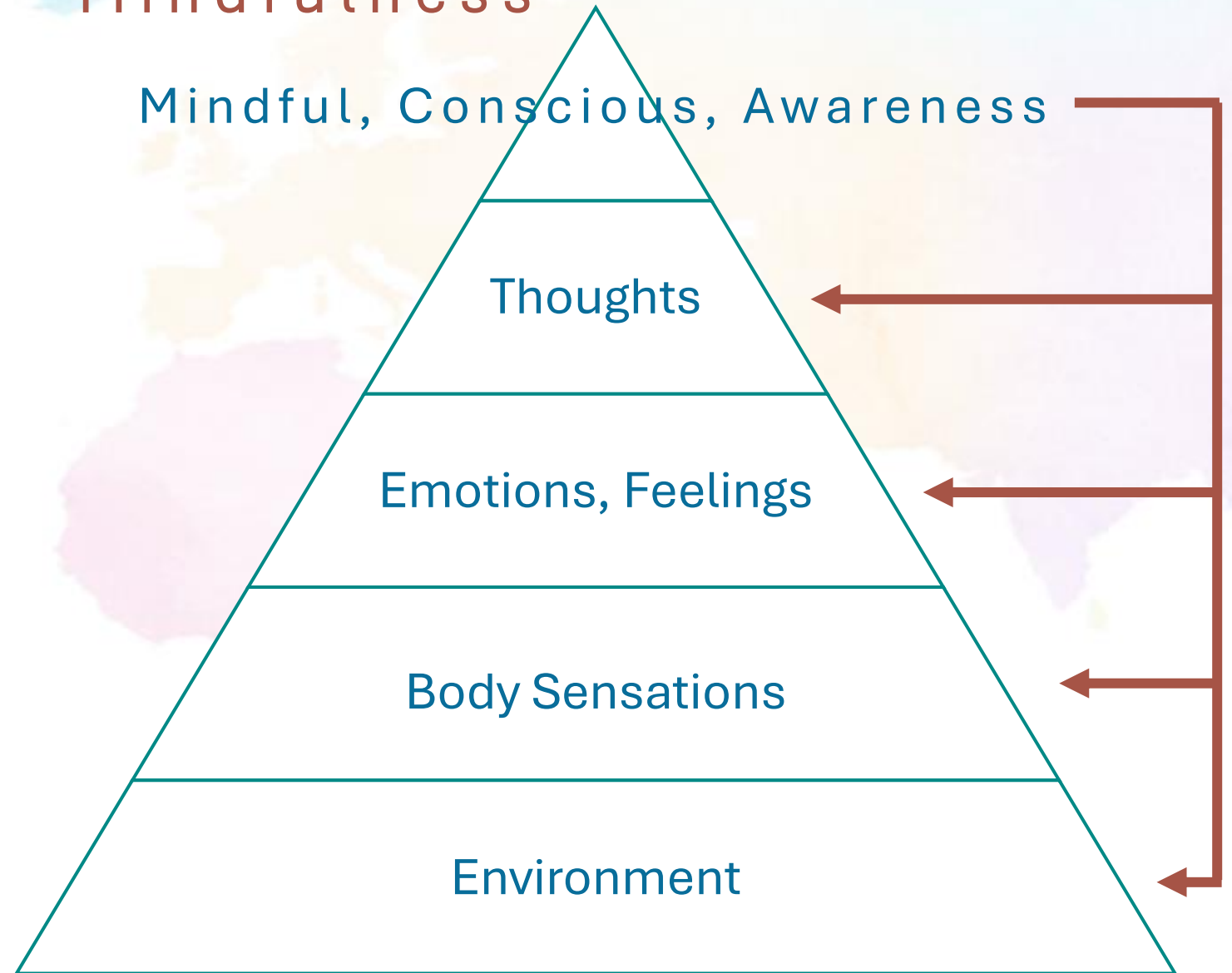
Marianne Williamson



Peaceful, Mindful Living

Mindfulness

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*





Serenity
Peace



Self-
Kindness



Mindful
Inner Wisdom



Self-
Compassion



Simplicity



Gratitude

M o n d a y	Mindfulness	From moment to moment, hour to hour, I gently notice what is going on within me and around me without attachment
T u e s d a y	Serenity Peace	I am serene and peaceful
W e d n e s d a y	Self-Compassion Self-Kindness	I am compassionate and kind with myself
T h u r s d a y	Forgiveness	I forgive myself with dignity
F r i d a y	Self-Appreciation Gratitude	I appreciate myself and validate my good qualities I live simply with gratitude and appreciation
S a t u r d a y	Wisdom	I meditate and ask my inner wisdom a question, and quietly listen for an answer
S u n d a y	Wellness	I do what is good for me and healthy for me I experience wellness



Peace Think Tanks & Peace Policy



Ineffective Peace Think Tanks

1. Complexity of Conflicts

2. Limited Influence

3. Resource Constraints

4. Bias and Partisanship

5. Implementation Challenges

6. Global and National Politics

7. Short-Term Focus

8. Lack of Public Engagement

Why Are Peace Think Tanks Ineffective In Creating Peace?

Peace think tanks often struggle with effectiveness in creating peace due to a combination of structural, political, and practical challenges:

- 1. Complexity of Conflicts:** Conflicts are often deeply rooted in historical, cultural, political, and economic factors. These complexities make it difficult for think tanks to develop solutions that can address all the underlying causes.
- 2. Limited Influence:** Think tanks often operate in academic or policy circles and may struggle to influence the key decision-makers who hold power over conflict situations. Their recommendations might be ignored or diluted in the political process.
- 3. Resource Constraints:** Many peace think tanks operate with limited resources, which can restrict their ability to conduct comprehensive research, engage with key stakeholders, or implement their ideas on a large scale..

Why Are Peace Think Tanks Ineffective In Creating Peace?

- 
4. **Bias and Partisanship:** Some think tanks may be seen as biased, particularly if they are funded by governments, political groups, or organizations with specific agendas. This can lead to a lack of trust in their recommendations.
 5. **Implementation Challenges:** Even when think tanks develop effective strategies, implementing them can be extremely challenging. Peacebuilding requires cooperation from a wide range of actors, including governments, local communities, and international organizations. Coordinating these efforts is often difficult.
 6. **Global and National Politics:** The geopolitical interests of powerful nations often undermine peace efforts. Think tanks may propose solutions, but these can be sidelined by the strategic interests of powerful countries or local elites.

Why Are Peace Think Tanks Ineffective In Creating Peace?

7. **Short-Term Focus:** Many think tanks are pressured to produce results quickly, leading to a focus on short-term solutions rather than the long-term, sustained efforts required to build lasting peace.
8. **Lack of Public Engagement:** Think tanks often lack the mechanisms to effectively engage the public or grassroots movements in their peacebuilding efforts. Without public support, even the best ideas may fail to gain traction.

Overall, while peace think tanks can provide valuable insights and ideas, the inherent complexities of conflicts, combined with external political and structural challenges, often limit their effectiveness in creating lasting peace.

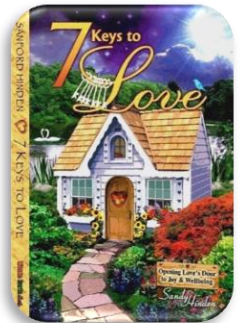


About Contact



Sanford Hinden
Educator, Author, Organizer

- Sandy provides programs for libraries and organizations in person and on Zoom in personal development, communications, 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*.
- He works on [Wisocracy](#) for wise democracy, wisdom, wellness, peace, and nature.
- In 2009 Sandy published [7 Keys to Love – Opening Love’s Door to Joy & Wellbeing](#). He provides coaching in communication, relationships, 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

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 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 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





"In my work as a global public relations consultant, working closely with business, nonprofit organizations, governments, and the United Nations, I can say that no one on this planet is more efficient or works harder than Peacebuilder Sanford Hinden, for his causes and his clients.

Sandy has worked on protecting the environment, spreading health ideas and peace to his New York community, and through his global development with inspiring websites.

He has been an administrator, creator, director, and fundraiser. Sandy has never lost his enthusiasm for peace. He is a man of peace who uses his life skills, and wisdom to create the tools for peace that our world needs.

He knows peace is possible just by planting the idea that peace begins with each of us. He was the one who encouraged peace gardens for children, showing how tending a garden creates a sense of well-being and peace, and he worked to create peace museums worldwide.

Thank you, Sandy!"

Barbara Gaughen-Muller, President
Santa Barbara & Tri-counties
United Nations Association, USA



Contact
Sandy Hinden
1-516-815-4967
sanfordhinden@verizon.net
www.Wisocracy.org

P e a c e
o n
E a r t h
A l l i a n c e

**P e a c e
o n
E a r t h
A l l i a n c e**

Peace on Earth Meditation Circle
Mondays, 12 PM, ET Zoom