

THE LAND OF WISDOMIA



GUIDEBOOK
TO
WISDOMIA

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THE LAND OF WISDOMIA



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A large teal circle is centered on a dark purple background. Inside the circle, the word "COMMUNITY" is written in a white, serif, all-caps font.

COMMUNITY



Welcome to the Land of Wisdomia,

You are being called to help create Wisdomia by transforming Hegemonia into a country that is wise and works to create wellbeing for all and nature.

We are collectively creating the Wisdomia Game as a process to help bring Wisdom & Wellbeing to the Land of Wisdomia and Earth.

May the Wisdomia Game begin,
The Wizard of Wisdomia

Be a Creative Member of the Land of Wisdomia Development Community



Explore



Discover



Create

Bring Wisocracy to Wisdomia & Earth

You Can Join the Community Here

You Can Support the Development of Wisdomia & Wisocracy Here



THE
BEGINNING

WISDOMIA

Play the Game... Join the World...



WISOCRACY in *WISDOMIA*

vs.

FOOLOCRACY in *HEGEMONIA*



The Land of Wisdomia

- ❖ **Once upon a time, in a country called Hegemonia, plagued by corruption, dysfunction, repression, and militarism, there lived a kind young man named Jack.**
- ❖ **Jack was a humble and honest individual who had always dreamed of making a difference in his society.**
- ❖ **Despite his modest background and lack of power, Jack was determined to create a wise democracy he called Wisocracy, where everyone would be well-educated, wiser, and treated equally.**



- ❖ **The country Hegemonia, with this new political system of Wisocracy would be renamed Wisdomia.**
- ❖ **One day, while working at his everyday job, Jack met a young woman named Sophia.**
- ❖ **Sophia was a brilliant and ambitious woman who shared Jack's desire to create a better society.**
- ❖ **Together, they decided to embark on a journey to change their country for the better.**



- ❖ **Their journey was not an easy one. They faced many challenges and obstacles along the way, including corrupt government officials and powerful businessmen who were determined to maintain their grip on power.**
- ❖ **But Jack and Sophia were determined to succeed, and they refused to be discouraged by these setbacks.**
- ❖ **With Sophia's intelligence and Jack's determination, they managed to gather a group of like-minded individuals who shared their vision of a wise democracy.**



- ❖ **Together, they began to work on a plan to transform the corrupt government and establish a new, fair system of governance.**
- ❖ **Their plan was risky and dangerous, but it worked.**
- ❖ **With the help of their supporters, Jack and Sophia were able to topple the corrupt government and establish a new, democratic system.**
- ❖ **The people were finally able to elect leaders who truly represented their interests, and the country began to prosper.**
- ❖ **As the new leaders were working hard to create a wise democracy, Jack and Sophia, who had grown close during their journey, fell in love.**



- ❖ They decided to get married, and the country celebrated their union as a symbol of hope and change.
- ❖ The society that once was plagued by corruption and dysfunction had been transformed into a shining example of a wise democracy, all thanks to the efforts of Jack and Sophia.
- ❖ They had proven that even the smallest and seemingly insignificant individuals can make a difference, and their story inspired others to follow in their footsteps.

HEGEMONIA

WISDOMIA

Explore

Discover

Create



HEGEMONIA
& WISDOMIA



HEGEMONIA

WISDOMIA

Learning

Values

Wisdom

Empathy

Peace

C
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C
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Wise



Card

Skill



Card

Environmental
Wisdom

Wise Choices

Wise Friends

International
Wisdom

Political
Wisdom



Wise Nation



Wise World



Wise Family

Wisdomia

Economic
Wisdom

Earth
Wisdom

Wise Habits



Start



Wise Community



Wise Heart

Skill



Card

Fool



Card

Personal
Wisdom

Wise Mind



Social
Wisdom

Earth Regeneration

Thrivability Solutions

Eco-Civilization

	HEGEMONIA	WISDOMIA
POLITICS	<p>Power over others</p> <p>Win-lose</p> <p>Dominating</p> <p>Destructive</p>	<p>Collaboration</p> <p>Win-win</p> <p>Respectful</p> <p>Constructive</p>
ECONOMICS	<p>Profit Over People</p> <p>Wealth Obsession</p> <p>Capture Data & Attention</p> <p>Addiction</p>	<p>Funding for Wisdom & Wellbeing</p> <p>High-Quality Education for All</p>

Explore the
LAND OF WISDOMIA

with

FOOL CARDS & WISE CARDS

in the

AREAS OF YOUR LIFE

of

**Personal, Social, Economic, Political,
Environmental, International & Earth**

and

SKILLS CARDS

for

**Learning, Values, Wisdom, Empathy, Peace,
Community, Eco-Civilization, Thrivability
Solutions & Creativity**

Fool



Card

Wise



Card

Skill



Card

Skill



Card

FOOL CARDS & WISE CARDS

AREAS OF YOUR LIFE	FOOL CARDS	WISE CARDS
Personal	People are trapped in their thinking, delusions, belief system, addictions, or political party	Mindfulness of attachment to ideas and identifications, seeks wellbeing and wisdom
Social	Involvement with self-centered people who are competitive, uncommunicative, or inauthentic	Involvement with empathetic, collaborative, communicative, authentic, creative people
Economic	Addicted to the quest for growth, profit, and ever-expanding wealth	Supportive of quality education systems and Wellbeing Economy to support human needs and Earth's needs
Political	Addicted to the quest for power, prestige, status, voting for people who promise cheap gasoline and high military spending	Vote for conscious, compassionate creative leaders supportive of Wellbeing for All and Public Assemblies to engage all in solution finding
Environmental	Supportive of fossil fuel subsidies to fossil fuel industry	Support ending corporate fossil fuel subsidies and for subsidies to public for clean energy transition
International	Trapped in geopolitical competition and military solutions, wasting vast resources	Seek trust-building and global demilitarization to fund human needs and Earth's needs
Earth	Ignore the deterioration of the atmosphere, oceans, and the biosphere	Honor the Earth as sacred, and work to protect the atmosphere, oceans, and the biosphere

SKILLS CARDS

TAKE TIME TO GAIN SKILLS	WITHOUT THIS SKILL	WITH THIS SKILL
Learning	Can't think wisely, irrational, susceptible to delusional leaders	Critical thinking, logic, rationality, science, factual, evidence-based
Values	Materialism, hedonism, status-driven, celebrity worship	Wisdom, collaboration, creativity, sustainability
Wisdom	Delusions, foolishness, addictions, compulsions	Wise thinking, understanding, insight, foresight
Empathy	Competitive, judgmental, harsh, hurtful, abusive	Collaborative, appreciative
Peace	Stressed, confused, chaotic	Serenity, clarity, simplicity, harmony, serendipity
Community	Isolated, competitive, unsocial, disagreeable	Connection, heartfulness, gratitude, relationship
Eco-Civilization	Harmful to the environment	Seeks balance, wellness, wellbeing, care for nature
Trivability Solutions	Solutions contribute to further deterioration	Solutions contribute to flourishing and thriving
Creativity	Ritualistic rigidity, Inflexibility, stubbornness	Creative flow, innovation, inventiveness, moving forward

HEGEMONIA

A World of Fools & Attachment to Sex, Money, Power, Status, and many other identifications, addictions, and obsessions.

Its inhabitants do not want to be controlled and dominated by others, so they seek to control and dominate others.

They seek:

- 1. Power, and more and more money, for more power.**
- 2. Control and domination of others.**
- 3. Mental colonization of others, exploitation, and extraction of resources.**



WISDOM

A World where Students of Wisdom & Wellbeing seek:

- 1. Liberation from all identifications and attachments of the mind.**
- 2. Ways to create an Eco-Civilization of Wisdom & Wellbeing.**
- 3. Gradual global demilitarization to fund the needs of people, society, and nature.**



In HEGEMONIA

**the system values power and profit over
the wellbeing of people and the planet they live on.**

**People spend their free time enjoying
sports and entertainment, and cultivating many addictions.**

Their elected officials are criminals, liars, and con artists.



<p>1</p> <p>AUTHORITARIANS</p>	<p>2</p> <p>CHALLENGE TO DEMOCRACY</p>	<p>3</p> <p>HYPER-POLARIZATION</p>
<p>4</p> <p>STAGNATION</p>	<p>5</p> <p>UNDERMINING JUSTICE</p>	<p>6</p> <p>CORRUPTION</p>

FOOLOCRACY IN HEGEMONIA

deteriorates through a poorly educated, anti-intellectual, hate-filled, delusional, populist cult.

1	AUTHORITARIANS	People who were abused and traumatized in childhood become bullies, brutalists, and fascists seeking to take from others. They manipulate, dominate, colonize, abuse, exploit and enslave others.
2	CHALLENGE TO DEMOCRACY	Unwise authoritarians create division and hatred for other groups. They refuse to work with other parties to solve problems. Hostile division weakens democratic problem-solving capacities.
3	HYPER-POLARIZATION	Powerful social media, mass media, and political parties polarize populations into hardened groups that no longer listen to each other to understand each other's legitimate needs. They don't seek life-affirming solutions to problems people face.
4	STAGNATION	Without problem-solving, governments become dysfunctional and stagnate, leading to people's frustration and disrespect for the institution of government. Society becomes uncivil and civilization deteriorates and collapses.
5	UNDERMINING JUSTICE	The fascist brutalists refuse to accept basic tenets of democracy including renunciation of violence and accepting their loss in elections.
6	CORRUPTION	Persistent stagnation leads to crime and corruption. Power and resources are grabbed by autocrats, dictators, kleptocrats, and oligarchs. Corrupt criminals, businesses, politicians, police, judges, warlords, and militias create Greedocracy.



In WISDOMIA

**people spend their free time seeking wisdom and wellbeing
in local and global Evolutionary Learning Groups.**

**They do research online for local and global solutions,
and communicating those solutions with their
elected officials to create policies and programs for
wisdom and wellbeing for people, society and nature.**



1

**QUALITY EDUCATION,
CIVICS & VALUING
WELLBEING**

2

**CIVIC
DELIBERATION**

3

**GOOD
GOVERNANCE**

4

**SOLUTION
SEEKING**

5

**FUNDING
HUMAN, SOCIAL & EARTH
NEEDS**

6

**BUILDING
TRUST**

WISOCRACY IN WISDOMIA

further democracy through methods of:


1	QUALITY EDUCATION, CIVICS & VALUING WELLBEING	Quality education systems for all, civic skills, and the value of wellbeing for all and nature help develop a just and fair civilization. The evolution of consciousness, wisdom, empathy, and fair laws make society fairer.
2	CIVIC DELIBERATION	Deliberative democracy through respectful civic participation in public assemblies.
3	GOOD GOVERNANCE	Good governance processes include accountability, transparency, and efficacy (right goals). Human rights and social benefits are extended to all.
4	SOLUTION SEEKING	Respectful and creative solution-seeking to society's problems creates life-affirming solutions that benefit all and nature.
5	FUNDING NEEDS	Global demilitarization to fund human needs, social needs, and the needs of nature.
6	BUILDING TRUST	In a polarized world, Wisocracy focuses on building trust in the family, the country, and the world.

VALUES ARE OUR GUIDING STARS



HEGEMONIA	WISDOMIA
Seeking Profit & Power	Seeking Wisdom & Wellbeing
Impatience, Agitation	Patience, Calmness
Chaotic Foolishness	Peaceful Productivity
Unreliability	Reliability
Dishonesty, Lying, Inauthenticity	Honesty, Truthfulness, Authenticity
Hatefulness, Hurtfulness	Compassion, Helpfulness, Kindness
Unhealthy Living, Destructiveness	Healthy Living, Constructiveness

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



INSIGHTS
GAINED
IN
WISDOMIA

INSIGHTS GAINED IN WISDOMIA



- **We are blind to our own blindness.**
- **Studying our own faults is incredibly hard.**
- **It is easier to recognize other people's mistakes than our own.**
- **The brain seeks the comfort of the familiar, even when a person needs to change, and get out of their comfort zone.**
- **The familiar gives power to gangs, cults, and autocrats who repeat their rituals and slogans over and over again. It makes their Merch sell, followers grow and remain in the group.**
- **There is familiarity in an addiction through a repeated routine.**

INSIGHTS GAINED IN WISDOMIA



- **Creating a new healthy pattern requires effort.**
- **People who like the familiar may not make the needed effort to create a new, healthy routine and pattern.**
- **To succeed at changing, people need to make the new, unfamiliar pattern familiar, through repetition over time.**
- **Some people love arguing. They can waste your precious time.**
- **They fight over their identifications of class, status, race, religion, ethnicity, tribe, nation, political party, gender, sexual orientation, and addictions illustrates this well.**

INSIGHTS GAINED IN WISDOMIA



- **People live in their separate realities, their paradigm bubbles, their group echo chambers.**
- **We can go beyond this when we understand the power of the mind to distort reality through illusion, delusion, and confusion.**
- **Things are not what they may appear to be.**
- **It is so important to help people realize the power of illusions, delusion, and confusion that capture the attention of others.**
- **Plato's Allegory of the Cave illustrates this well.**

**ALLEGORY
OF THE CAVE IN
PLATO'S "REPUBLIC",
375 BC**

**Seeing the Greater Reality,
Seeking Facts, Evidence, Truth, Science,
Increasing Knowledge and Understanding,
Gaining Wisdom**

**Escaping the Cave to
Have Greater Perception**

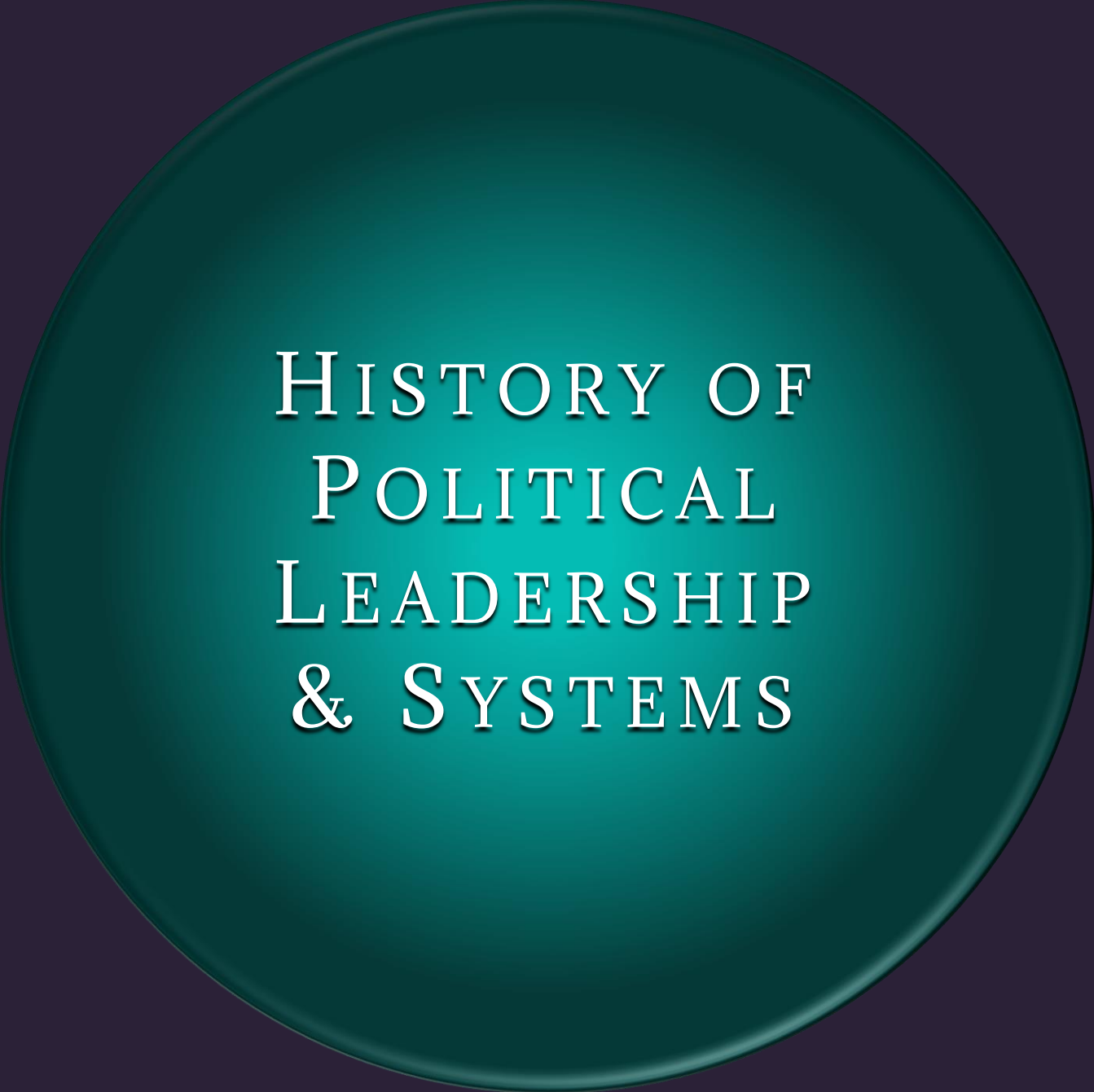
**Prisoners
of Perception**

**Seeing Illusions
False Impressions
Holding Onto Delusions
Living By Erroneous Beliefs**

**Illusion
Makers**

**Deceptive
Manipulative
Misinforming
Misleading**



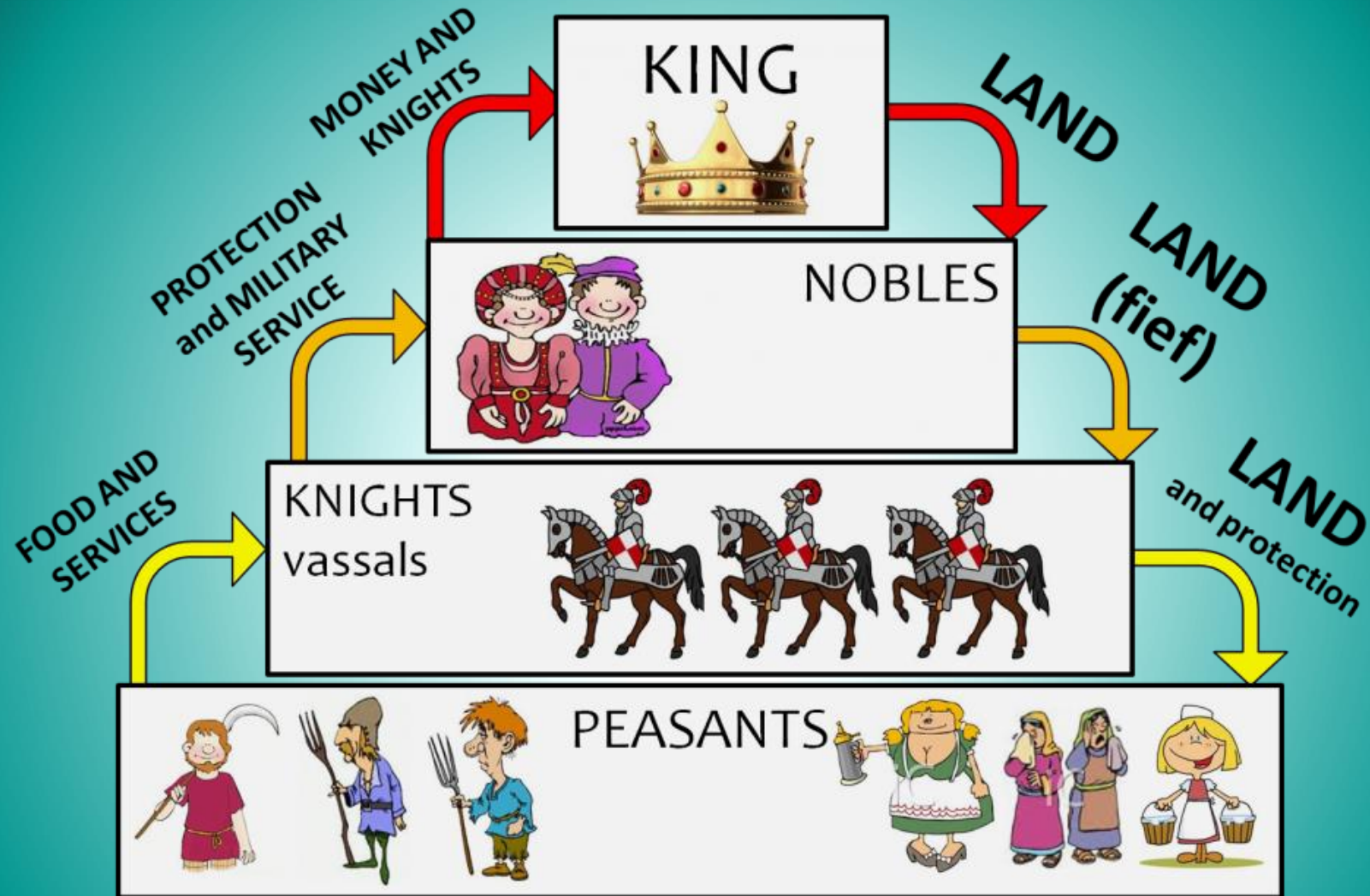


HISTORY OF
POLITICAL
LEADERSHIP
& SYSTEMS

HISTORY OF POLITICAL LEADERSHIP & SYSTEMS



- **TRIBAL LEADERS**
- **WARLORDS**
- **PHARAOHS, KINGS**
- **THEOCRACY** - A government by so-called divine guidance or by officials who are regarded as divinely guided
- **FEUDAL LANDLORDS** - In the Feudal System, a peasant or worker known as a vassal received a piece of land in return for serving a lord or king, especially during times of war. Vassals were expected to perform various duties including providing food, military service, and money in exchange for their own fiefs (areas of land).
- **RELIGIONS, ROYALTY, AND THE MILITARY** all use high-performance rituals, costumes, sets, props, scripts, lighting, and sound amplification to capture attention and mentally colonize their followers.



Feudal Pyramid of Power

HISTORY OF POLITICAL LEADERSHIP & SYSTEMS



- **DEMOCRACY - 508–507 BC to 322 BC** was established in Athens
- **DIRECT DEMOCRACY OR REPRESENTATIVE DEMOCRACY -** In a democratic system, laws are made by the majority. The will of the majority has the right to override the existing rights. In a democracy, the people remain sovereign. Democracy is named the rule of the people as citizens are either directly or indirectly involved in the decision-making process. In a democracy, head of state has the power to make many decisions.
- **OLIGARCHY -** Government by the few, especially despotic power exercised by a small and privileged group for corrupt or selfish purposes.
- **ARISTOCRACY -** The highest class in a society, especially those holding hereditary titles or offices. Power is held by the nobility. May have had the hereditary right to elect the king.

HISTORY OF POLITICAL LEADERSHIP & SYSTEMS



- **OCHLOCRACY OR MOB RULE** (Greek: ὀχλοκρατία, romanized: okhlokratía; Latin: ochlocratia) is the rule of government by a mob or mass of people and the intimidation of legitimate authorities. Insofar as it represents a pejorative for majoritarianism, it is akin to the Latin phrase mobile vulgus, meaning "the fickle crowd" from which the English term "mob" originally was derived in the 1680s, during the Glorious Revolution.
- **OCHLOCRACY** is synonymous in meaning and usage to the modern informal term "mobocracy", which arose in the 18th century as a colloquial neologism. Likewise, the ruling mobs in ochlocracies may sometimes genuinely reflect the will of the majority in a manner approximating democracy, but ochlocracy is characterized by the absence or impairment of a procedurally civil and democratic process.
- AN "OCHLOCRAT" is one who is an advocate or partisan of ochlocracy. It also may be used as an adjective ("ochlocratic" or "ochlocratical").

HISTORY OF POLITICAL LEADERSHIP & SYSTEMS



- **REPUBLIC** - 6th century B.C., states in northern India may not have been ruled by kings but formed petty republics or oligarchies.
- **REPUBLICS**, though often associated with democracy because of the shared principle of rule by consent of the governed, are not necessarily democracies, as republicanism does not specify how the people are to rule. Classically the term "republic" encompassed both democracies and aristocracies. In a modern sense, the republican form of government is a form of government without monarch. Because of this democracies can be republics or constitutional monarchies, such as the United Kingdom, with a monarch who functions as the head of state.
- **AUTHORITARIAN POLITICAL SYSTEM** under the exclusive political leadership of a single party (China).
- **FEDERAL PRESIDENTIAL REPUBLIC**. The chief executive is the President of Venezuela who is both head of state and head of government. Executive power is exercised by the President. Legislative power is vested in the National Assembly (Venezuela).

HISTORY OF POLITICAL LEADERSHIP & SYSTEMS



- **SOCIALIST ONE-PARTY** with Executive power is exercised by the government, which is represented by the Council of Ministers, headed by the Prime Minister. Legislative power is exercised through the unicameral National Assembly of People's Power, which is constituted as the maximum authority of the state (Cuba)
- **PLUTOCRACY** - Government by the wealthy. An elite or ruling class of people whose power derives from their wealth. They exercise their power through their wealth.
- **KLEPTOCRACY** - The word means literally, rule by thieves, and describes the specific corruption that occurs when state leaders, generally from poorer countries, routinely loot millions or even billions of dollars from their national treasuries. The money is spent or stashed in rich countries. Until very recently, rich countries had no moral or legal obligation to do anything about these flows of corrupt money. They involve a global financial system based on money laundering and tax havens, which depends on the services of the world's largest banks and expert financial professionals.

HISTORY OF POLITICAL LEADERSHIP & SYSTEMS



- **CORPORATOCRACY** - An economic, political, and judicial system controlled by corporations or corporate interests, under the guise of democracy. A large, powerful corporation assists a political candidate to secure the post he desires. He or she is then obligated to the corporation forever, providing legal and political help. A governor of a state undertakes certain public help activities with sponsorships from private parties, and then will not offend the sponsor with legislation, essentially purchasing votes, which is forbidden in all democracies. Corporations then get government subsidies, lower taxes, unrestricted stock buybacks, and increasing income inequality.

Types
of
Government

Warlord

Monarchy

Theocracy

Aristocracy

Oligarchy

Republic

Democracy

Autocracy

Totalitarian

Plutocracy

Kleptocracy

Ochlocracy

Corporatocracy

Juristocracy

Vetocracy

Wisocracy

Anarchy

HISTORY OF POLITICAL LEADERSHIP & SYSTEMS



- **JUSRISTOCRACY** - Politics corrupts the impartiality of judges and the court decisions in favor of a regressive, repressive political agenda. Constitutional reform is not driven by politicians' genuine commitment to democracy, social justice, or universal rights. It is a strategic interplay among hegemonic yet threatened political elites, influential economic stakeholders, and judicial leaders. A self-interested coalition of legal innovators is part of a broad process whereby political and economic elites, while they profess support for democracy and sustained development, attempt to insulate policymaking from democratic development.

HISTORY OF POLITICAL LEADERSHIP & SYSTEMS



- **VETOCRACY** - A dysfunctional system of governance where no single entity can acquire enough power to make decisions to solve problems. Due to extreme political polarization, obstructionism, and institutional rigidity, this ineffective system of government leads to stagnation, deterioration, and decay.
- **AUTOCRACY** - A country, state, or society governed by one person with absolute power. Government in which one person has uncontrolled absolute or unlimited authority.
- **ANARCHY** - First used in English in 1539, meaning "an absence of government". A political philosophy and social movement that advocates stateless societies based on free and voluntary associations. Community experiments since the 19th century to promote regional anarchist movements, counter-economics and countercultures.

HISTORY OF POLITICAL LEADERSHIP & SYSTEMS



- **FOOLOCRACY** deteriorates through a poorly educated, anti-intellectual, hate-filled, delusional, populist cult:
 1. **AUTHORITARIANS** - People who were abused and traumatized in childhood become bullies, brutalists, and fascists seeking to take from others. They manipulate, dominate, colonize, abuse, exploit and enslave others.
 2. **CHALLENGE TO DEMOCRACY** - Unwise authoritarians create division and hatred for other groups. They refuse to work with other parties to solve problems. Hostile division weakens democratic problem-solving capacities.
 3. **HYPER-POLARIZATION** - Powerful social media, mass media, and political parties polarize populations into hardened groups that no longer listen to each other to understand each other's legitimate needs. They then don't seek life-affirming solutions to problems people face.

HISTORY OF POLITICAL LEADERSHIP & SYSTEMS



4. **STAGNATION** - Without problem-solving, governments become dysfunctional and stagnate, leading to people's frustration and disrespect for the institution of government. Society becomes uncivil and civilization deteriorates and collapses.
5. **UNDERMINING JUSTICE** - The fascist brutalists refuse to accept basic tenets of democracy including renunciation of violence and accepting their loss in elections.
6. **CORRUPTION** - Persistent stagnation leads to crime and corruption. Power and resources are grabbed by autocrats, dictators, kleptocrats, and oligarchs. They, along with criminals, corrupt politicians, corrupt police, corrupt judges, warlords, and militias create Greedocracy.

HISTORY OF POLITICAL LEADERSHIP & SYSTEMS




- **WISOCRACY furthers democracy through methods of:**
 1. **QUALITY EDUCATION & VALUING WELLBEING** - Quality education systems for all, civic skills, and the value of wellbeing for all and nature help develop a just and fair civilization. The evolution of consciousness, wisdom, empathy, and fair laws make society fairer.
 2. **CIVIC DELIBERATION** - Deliberative democracy through respectful civic participation in public assemblies.
 3. **GOOD GOVERNANCE** - Good governance processes include accountability, transparency, and efficacy (right goals). Human rights and social benefits are extended to all.

HISTORY OF POLITICAL LEADERSHIP & SYSTEMS



4. **SOLUTION SEEKING** - Repeptful and creative solution-seeking to society's problems creates life-affirming solutions that benefit all and nature.
 5. **FUNDING NEEDS** - Global demilitarization to fund human needs, social needs, and the needs of nature.
 6. **BUILDING TRUST** - In a polarized world, Wisocracy focuses on building trust in the family, the country, and the world.
- **CHANGING SYSTEMS IS NOT EASY, REQUIRING:**
 - Envisioning a new reality
 - Educating many others
 - Advocacy for the new reality
 - Many actions

	HEGEMONIA	WISDOMIA
POLITICS	<p>Power over others</p> <p>Win-lose</p> <p>Dominating</p> <p>Destructive</p>	<p>Collaboration</p> <p>Win-win</p> <p>Respectful</p> <p>Constructive</p>
ECONOMICS	<p>Profit Over People</p> <p>Wealth Obsession</p> <p>Capture Data & Attention</p> <p>Addiction</p>	<p>Funding for Wisdom & Wellbeing</p> <p>High-Quality Education for All</p>



DECOLONIZING
THE
ENSLAVED-
TRAUMATIZED
SELF

DECOLONIZING THE ENSLAVED-TRAUMATIZED SELF



- Life is not easy.
- People ignore, neglect, bully, dominate, abuse, betray, manipulate, con, exploit, colonize and enslave others.
- We live in a “Culture of Domination.”
- Our attention is captured.
- What has you mentally colonized? What are you addicted to?
 - screens
 - social media
 - advertising
 - obsessions
 - appearances
 - sex
 - money
 - power
 - social status
 - status items
 - technology
 - militaries
 - media
 - social media
 - political parties
 - religions
 - cults
 - spending
 - media
 - entertainment
 - sports
 - restaurants
 - luxury
 - travel

DECOLONIZING THE ENSLAVED-TRAUMATIZED SELF



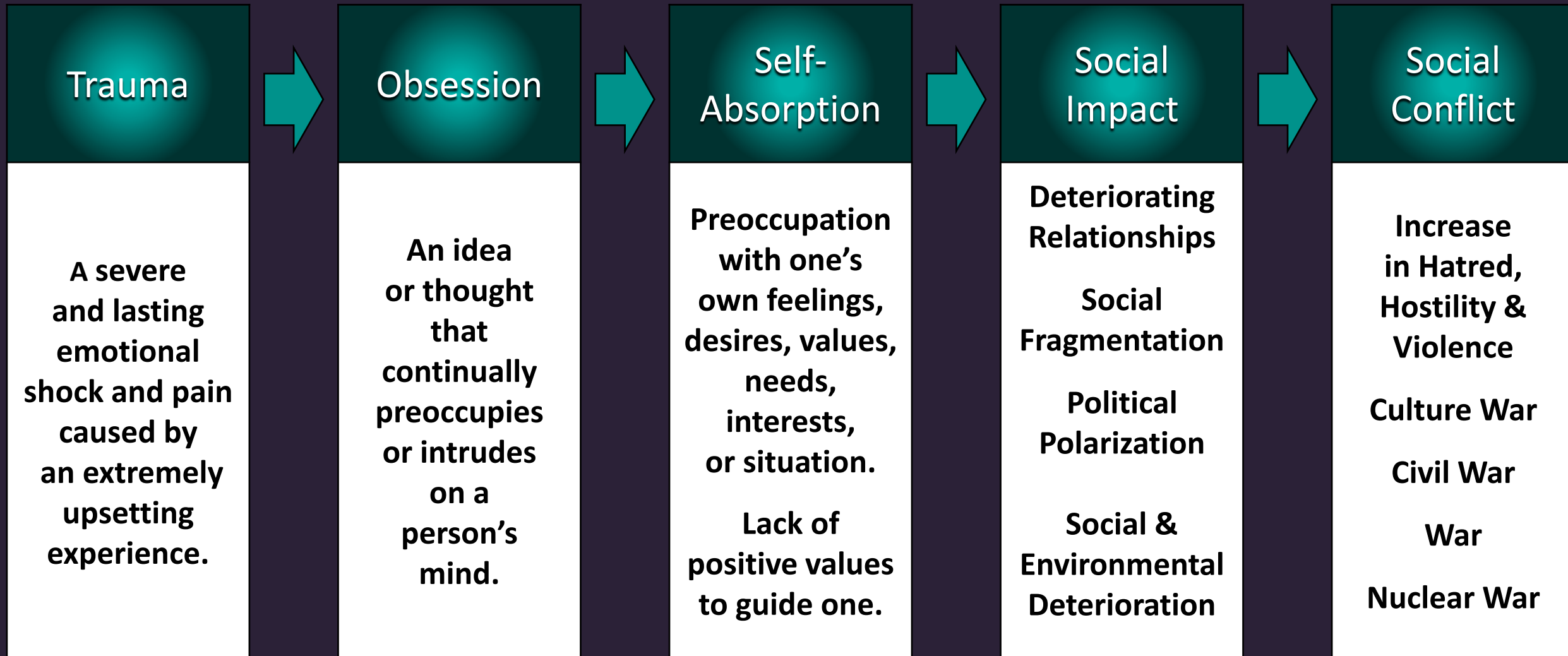
- We can become their slaves.
- Today's culture wars are an insane way of living, with groups battling each other over their identifications.
- Identity politics on Earth are now making life insane, with people fighting over their identifications of class, status, race, religion, ethnicity, tribe, nation, political party, gender, and sexual orientation.
- We are traumatized by their battles in the media every day.
- People traumatize each other every day.
- We are all traumatized by living with insane politicians and leaders who were traumatized themselves.

DECOLONIZING THE ENSLAVED-TRAUMATIZED SELF



- **Collectively, we're facing dysfunctional political systems because elected officials are subject to corruption with their votes being bought by the wealthy and corporate interests.**
- **There is much work to do to clean up the rotten systems of oligarchy, plutocracy, kleptocracy, and corporatocracy which often operate under the guise of democracy.**
- **We need to:**
 - **heal our hearts**
 - **learn to listen to each other with compassion**
 - **come to understand each other's traumas**
 - **listen to each other's feelings and needs**
 - **be open to exploring solutions to the problems we face**
- **If we do this self-healing work, we can participate productively in conscious, creative public assemblies where people take time to calm down, reflect, and listen to each other deeply.**

UNDERSTANDING OUR OBSESSIONS & HEALING OUR TRAUMAS



THE ELEPHANT IN THE ROOM:
SUSCEPTIBILITY OF HUMAN NATURE TO MALEVOLENCE



UNHEALTHY / VICES	DEFINITION
Pride (Arrogance)	Self-centered superiority
Envy	Feeling resentment at another person's good
Wrath (Anger)	Unreasonable desire for vengeance
Sloth (Laziness)	Reluctance to work or make an effort
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 correct 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, respect, kindness

SELF - ABSORBED, SELF - CENTERED

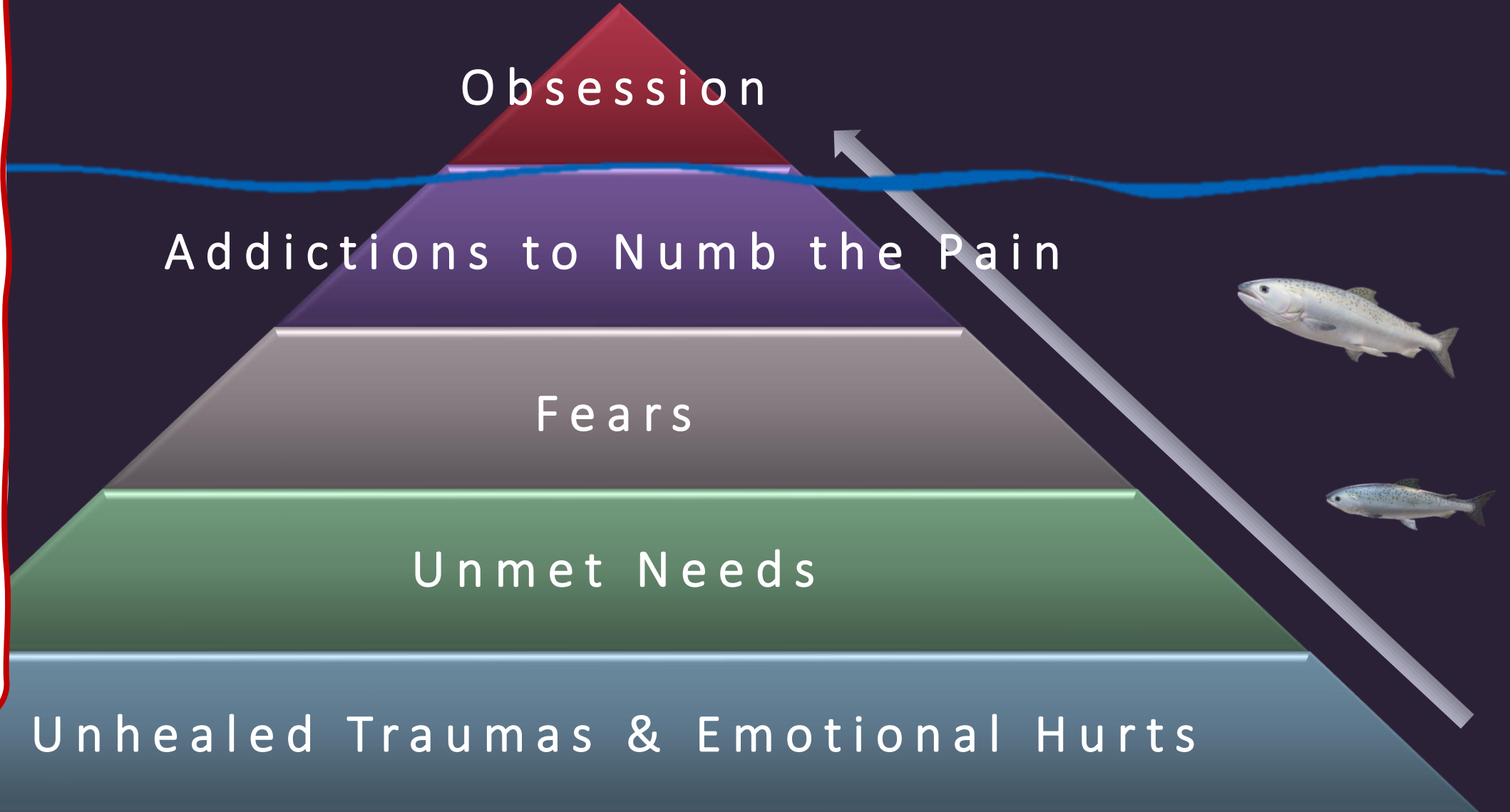
- 1.** Their openness might be charming at first.
- 2.** Preoccupation with one's own feelings, desires, values, needs, interests, or situation.
- 3.** Defensive, making everything a competition.
- 4.** Don't see the big picture, consistently lack perspective.
- 5.** Imposing, dominating, and opinionated, can be arrogant, calling all the shots, and controlling.
- 6.** May always seek the center of attention.
- 7.** Hide who they really are.
- 8.** May feel threatened by, vulnerable, and insecure with others.
- 9.** Hides insecurities behind a cloak of success.
- 10.** Think they are superior, are great, and the world out there is wrong.
- 11.** Extremely selfish, and may know how to mask their selfishness.
- 12.** Don't take responsibility for own actions.

- 13.** Use manipulation to get their way.
- 14.** Think rules don't apply to them.
- 15.** Consider friendships a tool for getting what they want.
- 16.** Don't have a real sense of empathy.
- 17.** One-sided conversations, monopolize the conversation, with little capacity to be curious about or imagine another person's perspective.
- 18.** Oblivious to others' feelings, values, and needs.
- 19.** Devalues others.
- 20.** No appreciation for others and lacks kindness.
- 21.** Not willing to put in the effort to make others feel it is an even relationship, non-reciprocal.
- 22.** Makes promises they don't intend to keep.
- 23.** Inconsiderate, refusing to see someone else's side of a disagreement, disregarding others' views, beliefs.
- 24.** Unable to receive or respond to feedback.
- 25.** Unable to safely love and be loved.
- 26.** Does not have long-lasting relationships.

BELOW THE SURFACE OF AN OBSESSION

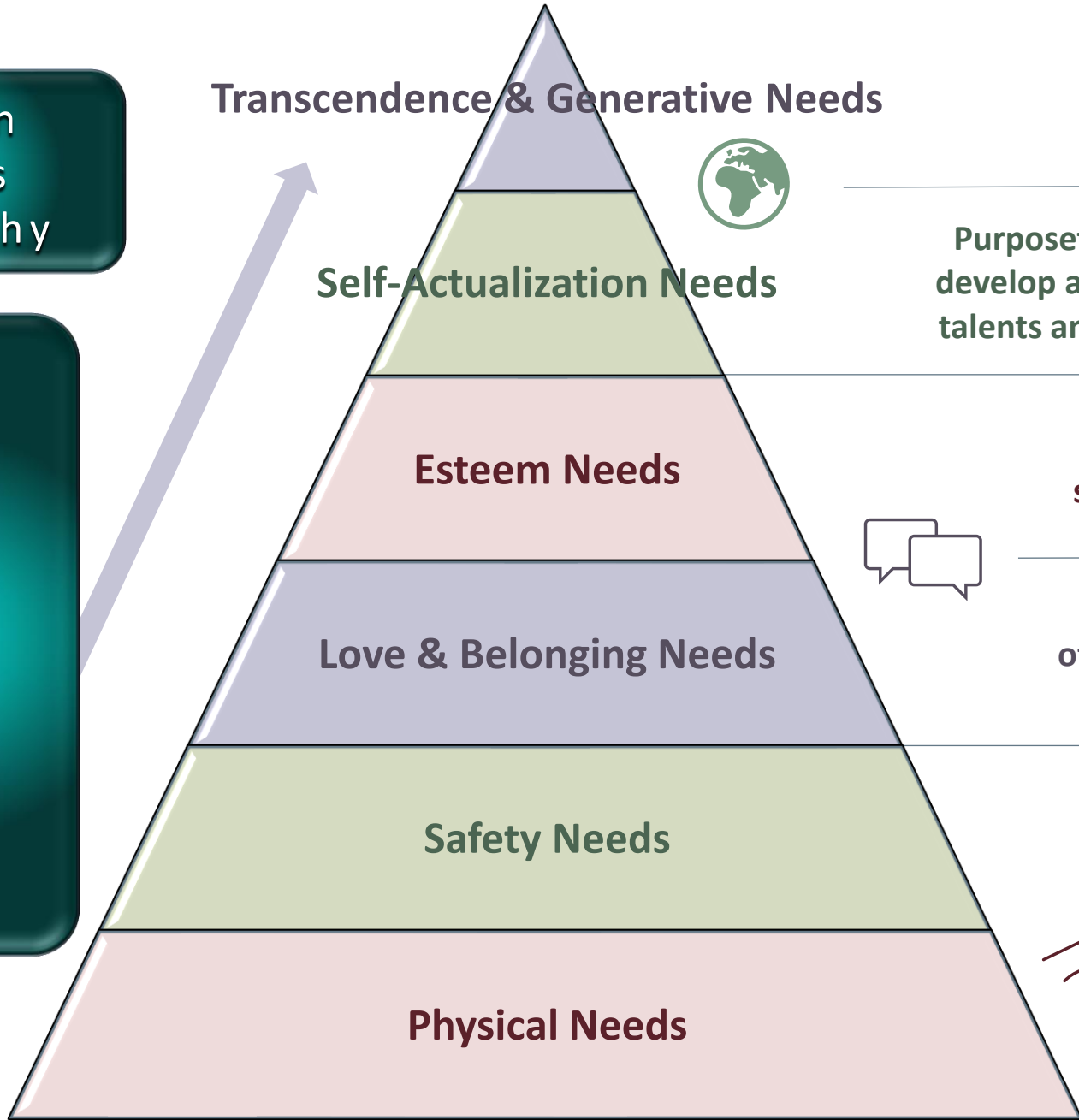
An obsession can act as a distraction from becoming mindful of an addiction, fears, unmet needs, traumas, and emotional hurts...

An obsession can have a connection to a trauma...



Human Needs Hierarchy

What we value and seek may come from our needs



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

THE ABCS OF OBSESSIONS - WHAT ARE YOUR OBSESSIONS?

- Abandonment
- Acceptance
- Alcohol
- Anger
- Appearances
- Arguing
- Betrayal
- Bitterness
- Caffeine
- Cars
- Cell Phone
- Closed-mindedness
- Codependence
- Coldness
- Compulsion
- Conflict
- Conspiracies
- Control
- Disorganization
- Drugs
- Fitness
- Food
- Gambling
- Gaming
- Gossiping
- Greed
- Guns
- Health
- Height
- Hoarding
- Houses
- Ignored
- Intensity
- Internet
- Isolation
- Laziness
- Liked
- Luxury
- Lying
- Magic
- Media
- Money
- Negativity
- Nicotine
- Organization
- Perfection
- Politics
- Pornography
- Positivity
- Power
- Procrastination
- Rejection
- Religion
- Resentment
- Road Rage
- Screens
- Selfishness
- Sex
- Shopping
- Smoking
- Spending
- Sports
- Status
- Stubbornness
- Travel
- TV Binging
- Vaping
- Violence
- War
- Weight
- Wealth
- Work-a-holism

All the above 😊

Healing the Hurts

People are often suffering and in pain in many areas of their lives.

They can be in pain physically, mentally and emotionally, about health, aging, work, a sense of failure, finances, about relationships, feeling a lack of belonging and community, feeling loveless, lonely, disconnected, feeling fearful, feeling lack of self-esteem, feeling unvalued, unappreciated, disrespected, humiliated, abused, lost, meaningless and purposeless.

They often don't share their feelings and needs clearly and compassionately.

They may then say and do things that are harmful to others.

Hurt people can hurt other people because they don't communicate their feelings and needs clearly and compassionately.

They may turn to addictions to numb their pain.

They can develop obsessions around the addiction to numb feelings and block awareness of past traumas and present and future fears.

To heal, they need to recognize their feelings and needs that were not met when they hurt others, or when they hurt themselves, or when they acted out their obsession and addictions.

They can compassionately mourn their behavior and unmet needs.

They can then take care of their feelings and needs each day.

They can apply self-empathy, self-compassion, self-gentleness, and self-kindness each day.



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, flood, fire or earthquake
- War or political violence (hate crimes, civil war, terrorism, gangs, refugee)
- Climate crisis

HEALING THE TRAUMAS 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

Learning

is an active constructive, cumulative, and goal-oriented process, that involves problem-solving.

Wisdom

is the ability to think or act using knowledge.

Gnosis

means knowing through observations, experiences, logic, or reason.

Values

Valere
Be strong, be well

What is of worth
What is of value
What is important

Ethics

Ethos
Character

Distinctive mark
Distinguishing qualities

Morals

Mores
Ways, customs

Vices, virtues
Evil, good



How we choose to interact with each other

Good-Bad

Right-Wrong

Just- Unjust

Fair-Unfair

Principles are identified for Human Rights, Fundamental Freedoms, Rights of Nature

Laws

created to protect general safety, and ensure rights as citizens against abuses by other people, by organizations, and by the government itself.



Institutions, Agencies, Policies & Programs

created to help people live better lives

A large teal circle is centered on a dark purple background. Inside the circle, the word "LEADERSHIP" is written in a white, serif, all-caps font with a slight drop shadow.

LEADERSHIP

UNWISE UNENLIGHTENED LEADER TRAITS



1	Perspective	Sees Earth as a resource to be used and others as competition.
2	Paradigm	Operates within an old paradigm of Earth's exploitation and geopolitical competition for wealth and power.
3	Mindlessness	Unaware of inner feelings, one's needs, and what is going on around one, driven by unconscious life traumas and obsessions.
4	Reflective	Thoughtless, non-reflective, lack of awareness.
5	Power Control	Values money and power over people and nature.
6	Process	Values inauthenticity., unaccountability, self-goals, win-lose.
7	Improvement	Values self-promotion and self-aggrandizement.
8	Non-Learning	Doesn't continue learning, doesn't learn from mistakes.
9	Non-Listening	Doesn't listen well to what is said, and not said.
10	Advisors	Surrounded by sycophants and yes-people.
11	Options	Considers options for self-promotion and deception.
12	Life-Harming	Will lie, cheat, steal and harm to win for personal gain.

DETERIORATION OF DEMOCRACY

Leaders

Authoritarians, bullies,
fascists, brutalists.

Wealthy

Billionaires and oligarchs lost in
delusions of wealth, power, and glamor.
Use tax-havens to avoid taxes.

Business

Business ignores their impact on nature.
Constantly seek to reduce government, regulations, and taxes.
When needed, participate in corruption of politicians, police, and judges.

Criminals

International organized criminals, internet crime,
weapons sales, money laundering, drug gangs,
car theft, burglary, sex trafficking, and violence.

WISE ENLIGHTENED LEADER TRAITS



1	Perspective	Sees Earth in space and all connected in one living system.
2	Paradigm	Recognizes for humans to continue to evolve on Earth, leaders need to operate within a new paradigm of Earth's Wellbeing.
3	Mindfulness	Serenely returns to mindful awareness of inner feelings, one's needs, and what is going on around one.
4	Reflective	Thoughtful, self-reflective, increasing awareness.
5	Wellbeing	Values wellbeing of people and nature.
6	Process	Values authenticity, accountability, efficacy (right goals).
7	Improvement	Values continual improvement of self and systems.
8	Learns	Life-long learning and learning from mistakes.
9	Listening	Listens well and deeply to what is said, and not said.
10	Advisors	Listens to thoughtful advisors.
11	Options	Considers options before making a decision.
12	Life-Affirming	Seeks life-affirming solutions for the common good of all.

RESULTS

DETERIORATION OF DEMOCRACY

Ever-Expanding Militarism

Rising Authoritarianism

Political Polarization & Government Stagnation

Scapegoating & Hostility Towards Different Others

Global Migration for Safety & Work

Increasing Crime, Corruption & Violence in Society

Ever-Decreasing Wealth of the Bottom 70%

Ignoring Human, Social & Earth's Needs

Ever-Expanding Wealth of the Top 1% to 5%

Distorted Economic, Financial & Investment Systems



FLOURISHING OF WISOCRACY & WELLBEING

Massive Global Bioregeneration

Decreasing Crime, Corruption & Violence in Society

Political Wisocracy & Government Efficaciousness

Quality Education for All People for Wisdom & Wellbeing

Economy, Finance & Investment for Human, Social & Earth Wisdom & Wellbeing

Global Disarmament through Annual 10% Military Budget Reductions

End of Fossil Fuel Subsidies & Utilization of Clean Energy



**Eco-Environment
Monitoring &
Emergency System
Regeneration**

**Eco-Livable Habitat
City, Suburb, Town**

**Eco-Economic
Wellbeing Economy
Fund Human Needs
& Earth's Needs**

**Eco-Institution
Eco-Government
Public Participation**

**Ecological
Civilization**

**Eco-Peace
Eco-Education
Wisocracy**

**Eco-Culture
Empathy, Relationship,
Wellbeing, Wisdom
Green Consumption**

A large teal circle with a slight gradient and a thin white outline is centered on a dark purple background. The word "DEVELOPMENT" is written in a white, serif, all-caps font across the center of the circle.

DEVELOPMENT

THE LAND OF WISDOMIA DEVELOPMENT



To produce a video game about building a wise democracy, several steps would need to be taken:



1. **Subject matter:** It is important to note that creating a game about building a wise democracy, would require a deep understanding of the subject matter, as well as a good understanding of game design and development.



2. **Concept development:** Decide on the overall theme and mechanics of the game, such as the objective of the game and the gameplay mechanics.

3. **Game design:** Create a detailed game design document outlining the game's features, story, and mechanics.

THE LAND OF WISDOMIA DEVELOPMENT



4. **Pre-production:** Gather a team of developers, artists, and other necessary personnel to begin creating the game.



5. **Production:** Use game development software and tools to create the game's assets, such as characters, environments, and animations.

6. **Programming:** Code the game's mechanics and logic using programming languages such as C++ or Unity.



7. **Testing:** Test the game extensively to fix bugs and ensure that it is functioning as intended..

THE LAND OF WISDOMIA DEVELOPMENT



8. **Release:** Finally, release the game to the public, either through digital distribution platforms or physical copies.
9. **Marketing and promotion:** Promote the game to increase awareness and generate interest in the game.

Explore

Discover

Create

THE LAND OF WISDOMIA



GUIDEBOOK
TO
WISDOMIA

Sandy Hinden