

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



Sandy Hinden

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February 19  
1 pm EST

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

Join this Zoom Program or Online Coaching

We practice:

Clear, compassionate thinking

Understanding our feelings, values, and needs

Taking care of our feelings, values, and needs

Meditation, mindfulness, walking, exercise, journaling

Good sense of humor

Healthy friendship

[Click here to contact me](#)

**You Can Support  
This Work**

**Here**

# Understanding Our Obsessions & Healing Our Traumas

with Mindfulness, a Sense 😊 of Humor & More

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# Introduction

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

Dear Seeker of Wisdom & Wellbeing,

We live in an increasingly irrational world. We have:

- Irrational leaders creating geopolitical conflicts that can be catastrophic.
- Cascading climate change with fossil fuel industries expanding their production.
- Polarized populations growing in emotional distance from each other, with a flood of weapons, leading to increasing violence.

The human mind has been colonized by media sex, wealth, luxury, celebrity, power, and violence.

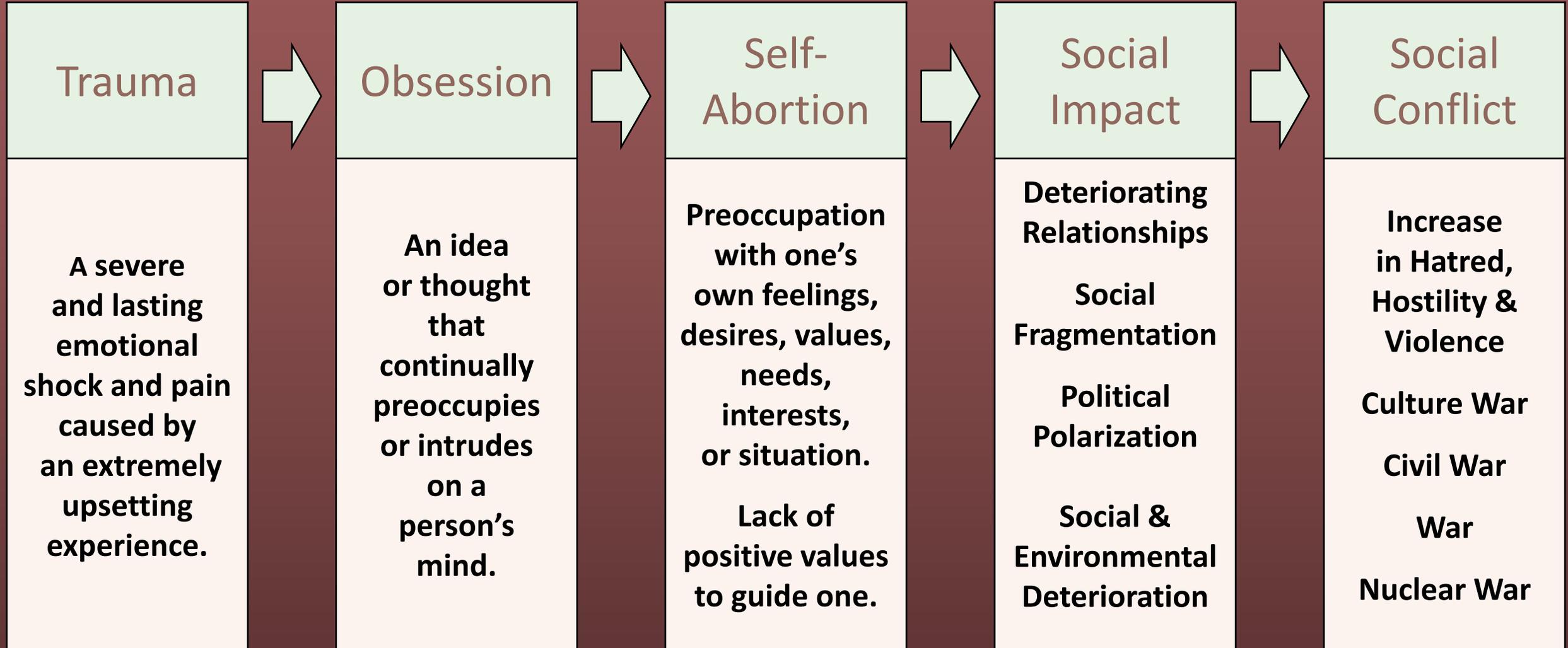
This difficult world creates multiple generations of people suffering from all kinds of obsessions and traumas. This can lead to a society of self-absorbed, self-centered people, unable to relate to others, and social fragmentation.

This program creates more understanding and provides a safe space to heal our obsessions and intergenerational traumas. You can contact me for more information to join the group or for personal coaching.

Sandy Hinden



# Understanding Our Obsessions & Healing Our Traumas



# The Elephant in the Room: Susceptibility of Human Nature to Malevolence



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

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

# 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.

# Susceptibility of Human Nature to Malevolence



The Trauma of  
Domination, War & Starvation  
can lead the next generation to be:

- Self-centered
- Egotistical
- Selfish
- Defensive
- Violent



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# Preparation

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

“Unexpressed emotions will never die.  
They are buried alive and will come forth  
later in uglier ways.”

Sigmund Freud

“The more perfect a person is on the outside,  
the more demons they have on the inside.”

Sigmund Freud

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

## Mindful Awareness Self



Higher Self	Lower Self
Conscious Self	Unconscious
Super-ego	Shadow, Id
Virtues	Vices

**“To confront  
a person with his shadow  
is to show him his own light.  
Once one has experienced a few times  
what it is like to stand judgmentally  
between the opposites,  
one begins to understand  
what is meant by  
the self.**

**Anyone who perceives his  
shadow and his light simultaneously  
sees himself from two sides and  
thus gets in the middle.”**

Carl Jung

“Good and Evil in Analytical Psychology”

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

## **What is the shadow according to Carl Jung?**

**"In Carl Gustav Jung's analytical psychology, the shadow as a concept comprises everything the conscious personality experiences as negative."**

## **What is spiritual shadow work?**

**The shadow work meaning is as follows:**

**Working with your unconscious mind to uncover the parts of yourself that you repress and hide from yourself.**

**This can include trauma or parts of your personality that you subconsciously consider undesirable.**

**Anyone can do shadow work on their own.**

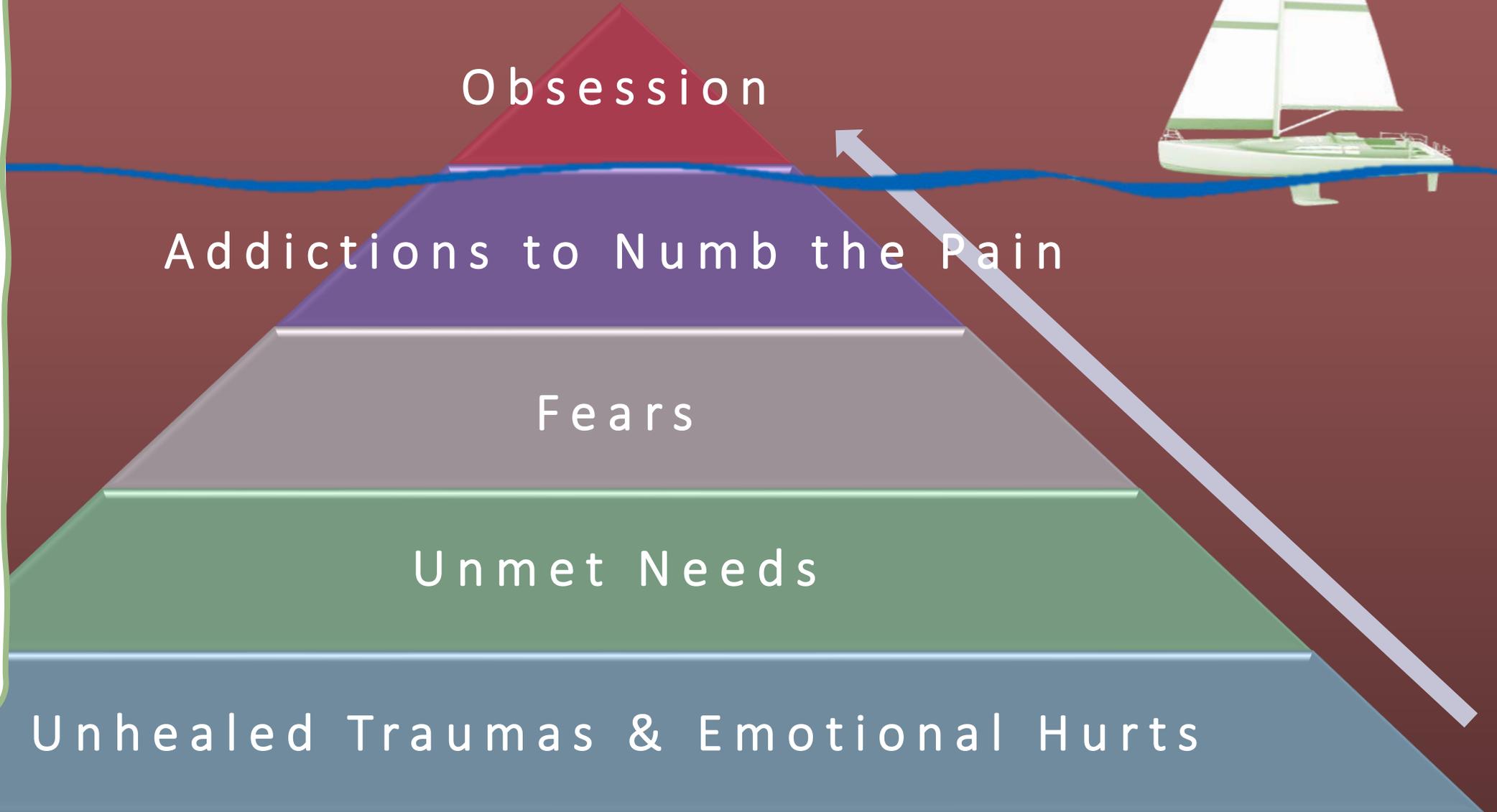
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**Understanding**

# 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...



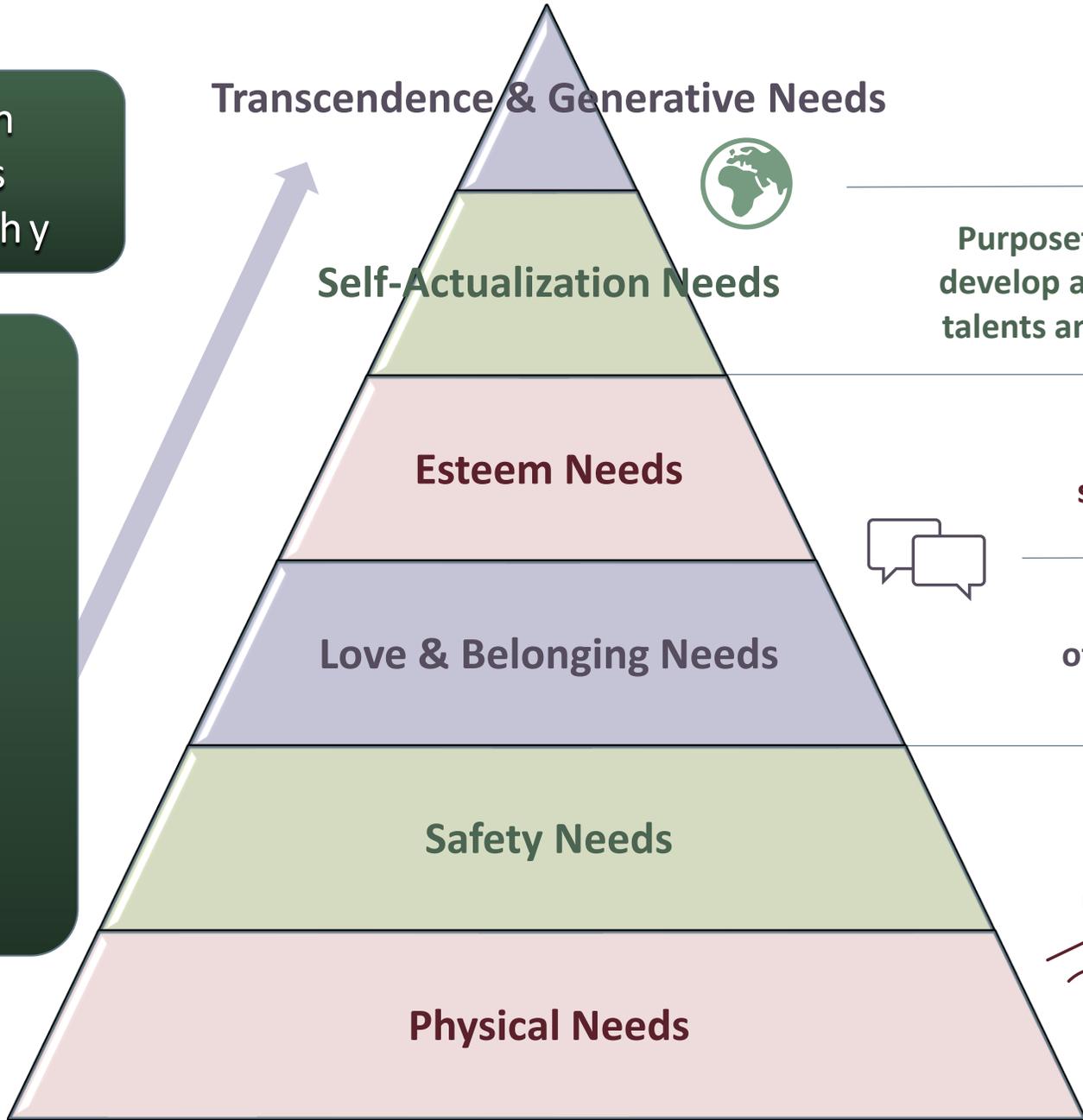
# The ABCs of Obsessions - What Are Your Obsessions?

- 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 😊

# 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

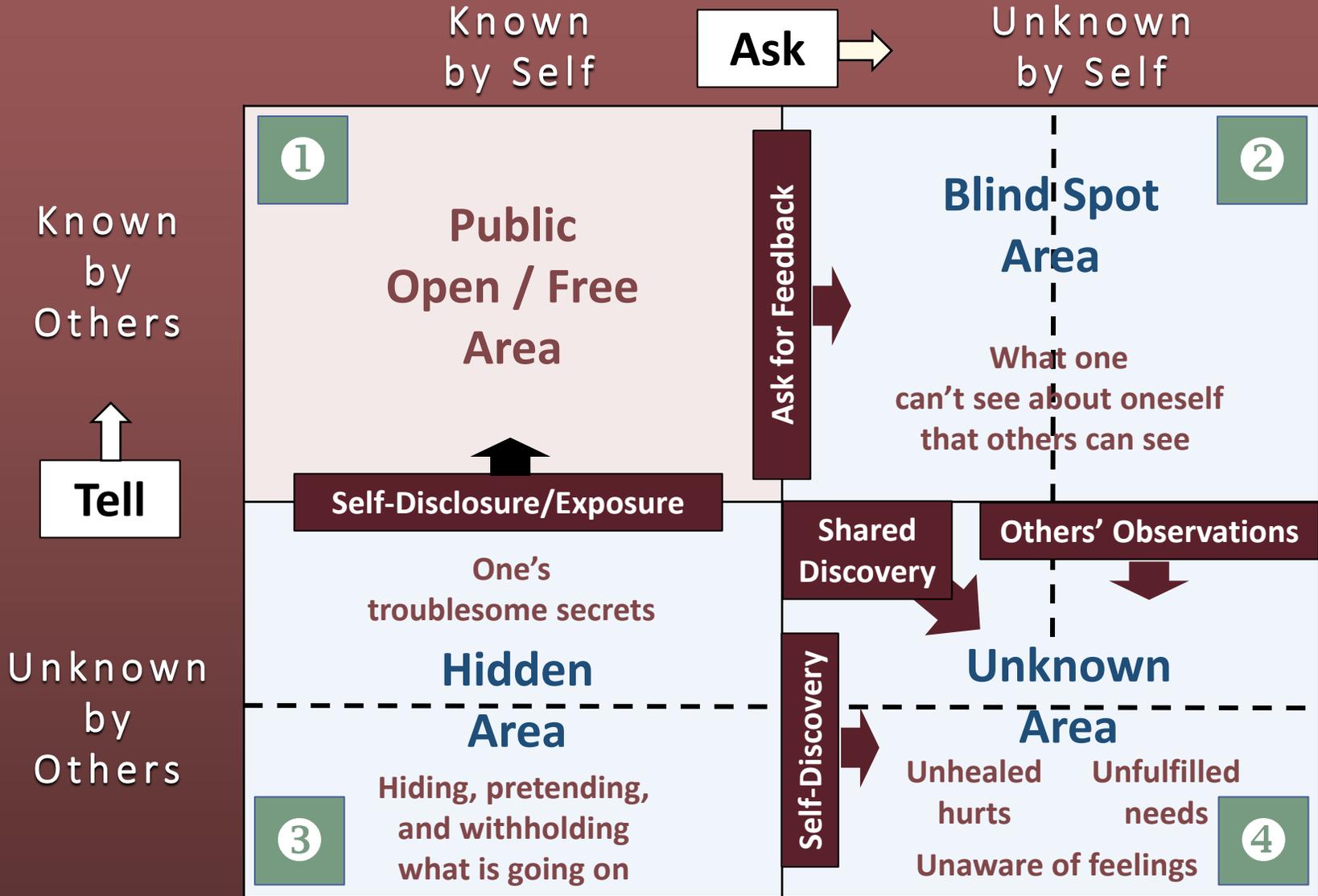
# JOHARI WINDOW

The Johari window is a technique that helps people better understand their relationship with themselves and others. It was created by psychologists **Joseph Luft (1916–2014)** and **Harrington Ingham (1916–1995)** in 1955. It is used in self-help groups and corporate settings as a self-discovery exercise.

The Johari Window, helps us understand ourselves and others.

We can grow in different areas through:

- 2** Asking for feedback
- 3** Self-disclosure, sharing experiences, feelings, values and needs
- 4** Receiving feedback, self-reflection, self-discovery



As the Blind, Hidden and Unknown areas are reduced, the Public - Open area expands.

— Intimacy = In to Me You See

## 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 disaster such as a hurricane, flood, fire or earthquake
- War or political violence (hate crimes, civil war, terrorism, gangs, refugee)
- Climate crisis

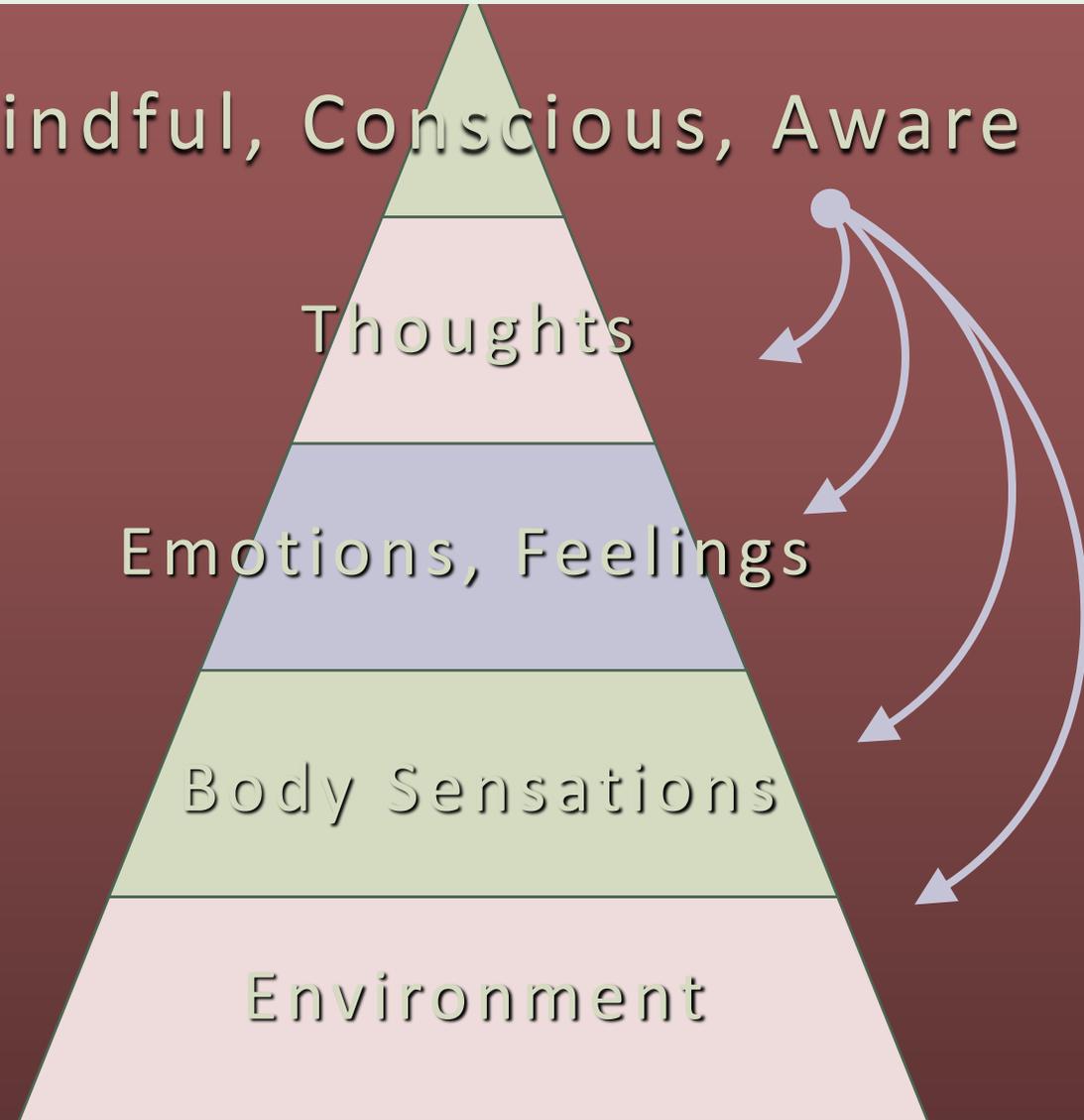
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# Healing

# 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, Aware



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Mindfulness

Non-attachment

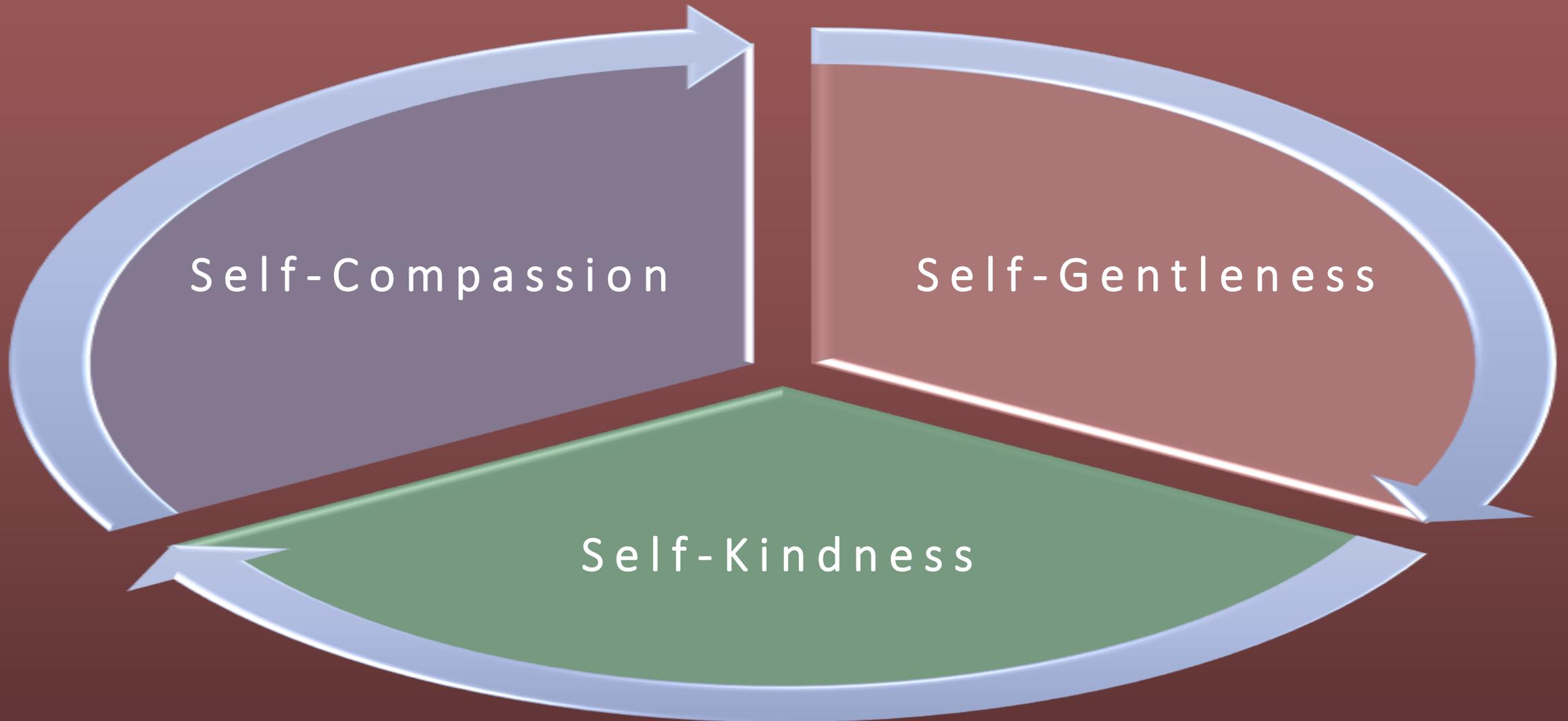
Non-obsession

Non-compulsion

Good humor

# 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 Traumas 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**

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# 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**

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



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 own 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  
with myself each day.**

**May we all have  
mindfulness, wisdom, and wellbeing.**



# Why People Keep Getting Into Trouble

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

# Our Values Are Our Guiding Stars

Return to Positive Values & Stay On the Road to Wellbeing



<b>NEGATIVE VALUES</b>	<b>POSITIVE VALUES</b>
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.

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## Summary

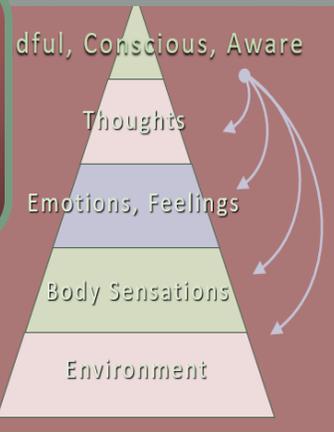
Road Map to Wellbeing

# Roadmap to Wellbeing

Start



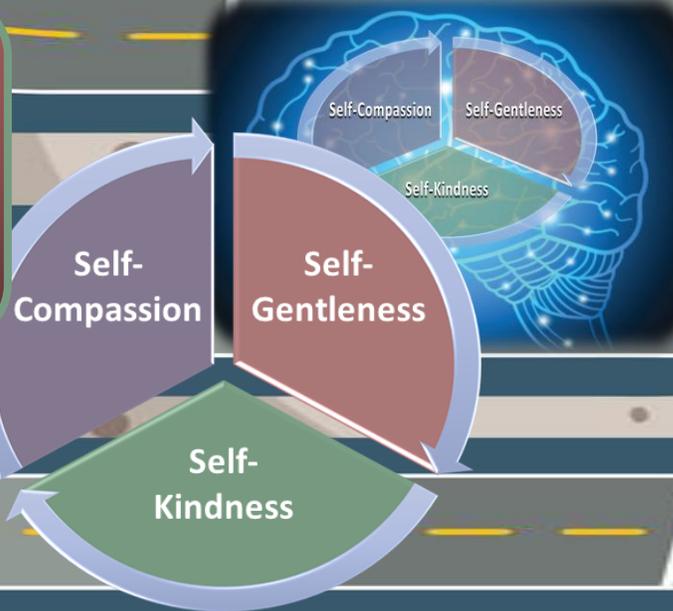
1  
Mindful Awareness



2  
Understanding Your Hurts, Feelings Values & Needs



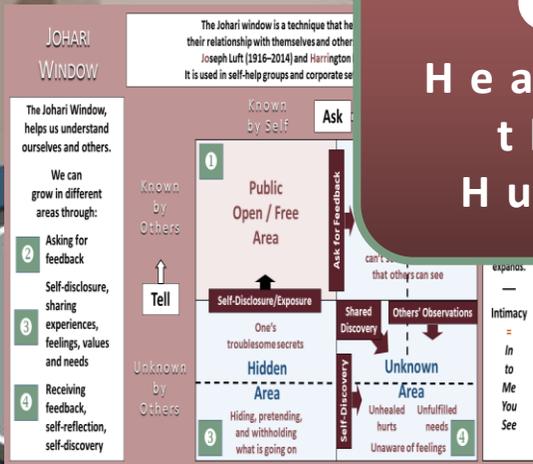
3  
Healing the Hurts



4  
Taking Care of Your Feelings Values & Needs Each Day

5  
Making Healthy Choices & Positive Friends

Wellbeing



**You Can Support  
This Work**

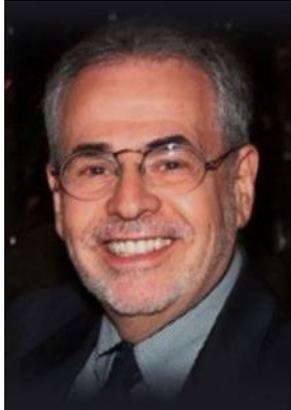
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**About**

# About

## Sanford Hinden



- Sandy 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 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 [7 Keys to Love – Opening Love’s Door to Joy & Wellbeing](#).
- 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 *Mutually Assured Survival*. He is one of the founders and coordinator of [Enlightened Leaders for Mutually Assured Survival](#) and founder of [Wisocracy](#).

# 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 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**



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