We Wish for Peace

A Conversation with Sanford Hinden

for Comprehensive Peace

Personal Peace

Family & Social Peace

Economics for Peace

Peace with Nature

World Peace

"If you are looking to be in a better world, or at least wanting to know what positive people are doing in the world to make it a better place, follow Sanford Hinden's guidance. The years this man has studied peace and enlightened living is extraordinary. He can bring you a lifetime of good values and ethics that should not be missed. In a world of chaos and selfishness, you can pass these teachings on to all ages, especially our younger generation. He provides a foundation of good values, showing there is a better way to live."

John G. Cohan
Entrepreneur

- With 110 conflicts and wars in the world, so many people are being terrorized and traumatized by daily violence.
- Family members of people killed are then recruited for the next round of violence.
- Each day, we are all being traumatized by the terrors of the world through mass media and social media.
- Billions of people have become stressed and hyper-competitive through social media.
- Many have become addicted to social media and can easily turn hostile. Politicians disinterested in helping the world can exploit and monetize this hostility.
- This program provides hundreds of ways to improve your life and the world, from the personal to the interpersonal, to the family and community, to the political and economic, to the environmental and the global.

Sandy Hinden

THEY SHALL BEAT THEIR SWORDS INTO PLOWSHARES, AND THEIR SPEARS INTO PRUNING HOOKS: NATION SHALL NOT LIFT UP SWORD AGAINST NATION, NEITHER SHALL THEY LEARN WAR ANY MORE

ISAIAH

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Introduction

THEY SHALL BEAT THEIR SWORDS INTO PLOWSHARES, AND THEIR SPEARS INTO PRUNING HOOKS: NATION SHALL NOT LIFT UP SWORD AGAINST NATION. NEITHER SHALL THEY LEARN WAR ANY MORE ISAIAH

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With a nod to the biblical story *"Turn Swords into Plowshares,"* Sanford Hinden explores how we move from fighting to living peacefully. The present reality for many is personal agitation, family conflict, community violence, national hate, international war, and the destruction of nature. So, how do we achieve peace within, family peace, peaceful communities, a nation of peace, peace in the world, and making peace with nature? For 50 years, Sanford Hinden has worked with peace gardens, with peace museums worldwide, on the U.S. Department for Peace campaign, as a founder of a peace and sustainability center in Kenya, and as a community organizer and educator for conflict resolution, meditation, compassionate communication, and international mediation. Join him in this conversation.

We Wish for Peace

Dear Friend,

People have been hoping, wishing, praying, dreaming, and advocating for peace for thousands of years.

Humanity is at an inflection point in history. We need to rapidly create peace and sustainable systems.

I have been working for peace and sustainability for 50 years and would like to share what I have seen and done, and then inspire you to have a creative conversation with others to help us create peace for ourselves, each other, and all.

I often ponder these questions:

- Who can be a peacemaker to help stop the mad wars?
- Why are there so few inspiring peacemakers in the world who can convince the parties to try to create peace?
- It takes someone who can be trusted. Does it also take charisma, the ability to attract the attention and admiration of others, and to be seen as a leader?

I hope you will help create this conversation.

Sandy Kinden

DYSFUNCTIONAL PEOPLE

- Many people have become hyper-competitive, egotistic, selfish, greedy, disingenuous, deceptive, game-playing charlatans, and political and religious cultists.

- Being self-centered and selfish, they lack compassion and empathy and are indifferent to the suffering, feelings, and needs of others.

- So many people are self-centered, egotistical, selfish, and competitive – *collectively it is impacting society.*

- *"Chickens come home to roost"* is an idiom that means experiencing the consequences of past bad actions or mistakes, wrongdoings that come back to cause problems and bad deeds that come back to curse the originator. The earliest known use of the phrase is in Geoffrey Chaucer's The Parson's Tale in the 1300s.

- Humans need to evolve rapidly in consciousness, honesty, compassion, character, and wisdom to survive as a species.

DYSFUNCTIONAL SYSTEMS

- Over the past 200 years, we have developed destructive win-lose models for economics and politics that harm people, society, and nature.

- They are now causing environmental collapse and global wars for land and resources.

- We are 300% over the carrying capacity of Earth and need to reduce population and consumerism by 75%.

- Better economic and political systems are available.

MAD LEADERS

- Out of 195 countries, there are 51 dictators in the world controlling 71% of the world's population.

- They have unlimited power, are not accountable to the people, use violence or the threat of violence to maintain power, and are con artists.

- These mad leaders are unleashing deep negative cultural forces via mass media and social media.

WAR

- In over 110 places in our world, there are people in mad states of brutal conflict and war.

- They may be driven by tribal, national, or religious identity, seeking control over land and resources.

- They are willing to kill many thousands of people.

- It is a mad state of mind, with a complete lack of humanity, compassion, and empathy, and an obsessive lust for power and control.
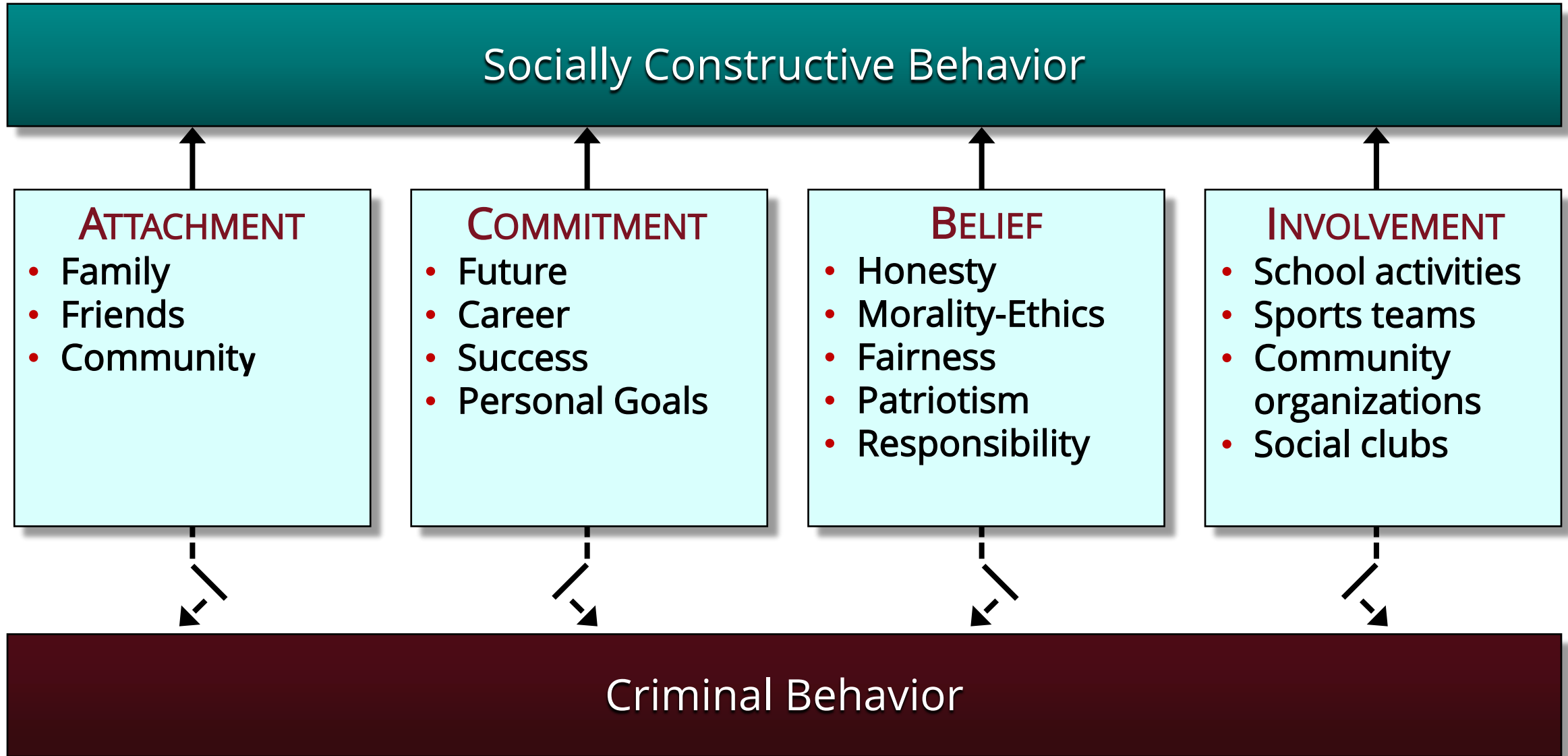
Personal Peace

Psychosocial Bonding

Socially Constructive Behavior

ATTACHMENT
- Family
- Friends
- Community

COMMITMENT
- Future
- Career
- Success
- Personal Goals

BELIEF
- Honesty
- Morality-Ethics
- Fairness
- Patriotism
- Responsibility

INVOLVEMENT
- School activities
- Sports teams
- Community organizations
- Social clubs

Criminal Behavior

Over millions of years, humans evolved technologically, but not in character and wisdom.
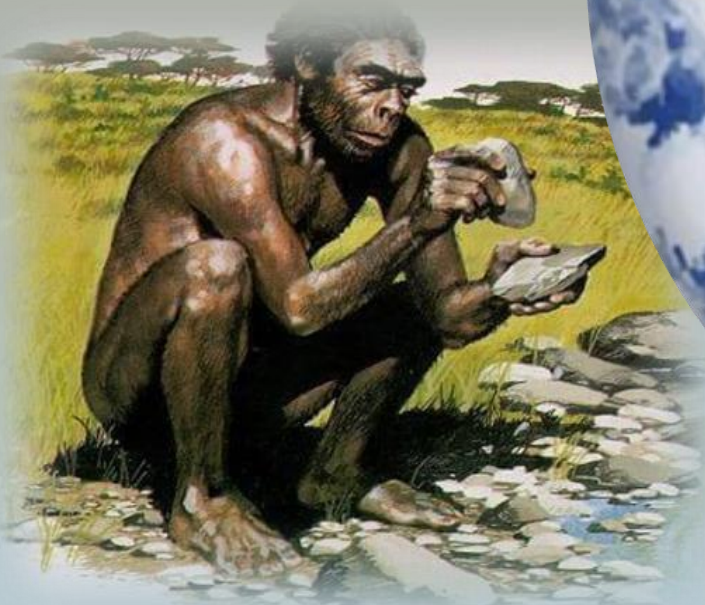
Anti-Social & Social Behavior

Anti-Social Traits	1	2	3	4	5	6	7	8	9	10	Social Traits
Disregard for the rights of others											Regard for the rights of others
Lack of empathy											Having empathy
Impulsivity, risky behaviors, engaging in illegal activities											Considering the potential consequences of one's actions
Repeated lying, manipulation, or deceitful behavior for gain											Honesty
Little or no remorse for harmful actions and may rationalize or justify behavior											Shows remorse for harmful action
Consistent irresponsibility											Fulfills work or financial obligations, responsibilities, and commitments

Hurt & Unhealthy Men	Healed & Healthy Men
Lost, Meaningless, Disillusioned, Ruthless Worldview	Understanding, Explanations, Meaning, Purpose, Principles
Mistrusting, Lonely, Alienated, Numb	Nurturing Relationships Belonging, Healthy Friends
Shameful, Self-Hating, Helplessness	Self-Empathy, Self-Appreciation, Resilience, Agency
Addictive Behavior	Inspired, Motivated
Cynical, Angry, Resentful, Rageful	Constructive Expression, Community Participation
Involved in Hate Groups, Gangs Aggressive, Violent, Crime, Corruption	Growing Wisdom & Wellbeing

Need Satisfiers – Ways of Meeting Needs

Violators	• Claim to be satisfying a need. • Yet in fact make it more difficult to satisfy a need.	• Arms race • Drinks that cause dehydration
Pseudo Satisfiers	• Claim to be satisfying a need. • Yet in fact have little to no effect on really meeting such a need.	• Some toys • Glamour or lifestyle accessories for self-esteem
Inhibiting Satisfiers	• Over-satisfy a given need. • While seriously inhibiting the possibility of satisfaction of other needs.	• Dictatorship • Addictions, consumerism • Junk media, junk food • Overprotective parent • Permissive parent
Singular Satisfiers	• Satisfies one need only. • Neutral to the satisfaction of other needs.	• Poorly designed housing programs
Synergistic Satisfiers	• Satisfies a given need. • While simultaneously contributing to the satisfaction of other needs.	• Democratic community • Nutritional food • Coliving arrangements

My Wellbeing Survey

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

Inner Agitation

We are mindful of our feelings and needs

We practice returning to inner peace

Anger, Resentment

Stress, Pressure

Fear, Worry

Sadness

Healing hurts
Moving forward

Mindful self-compassion and self-kindness

Addictive behavior to relieve pain

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

Thoughts

Emotions, Feelings

Body Sensations

Environment
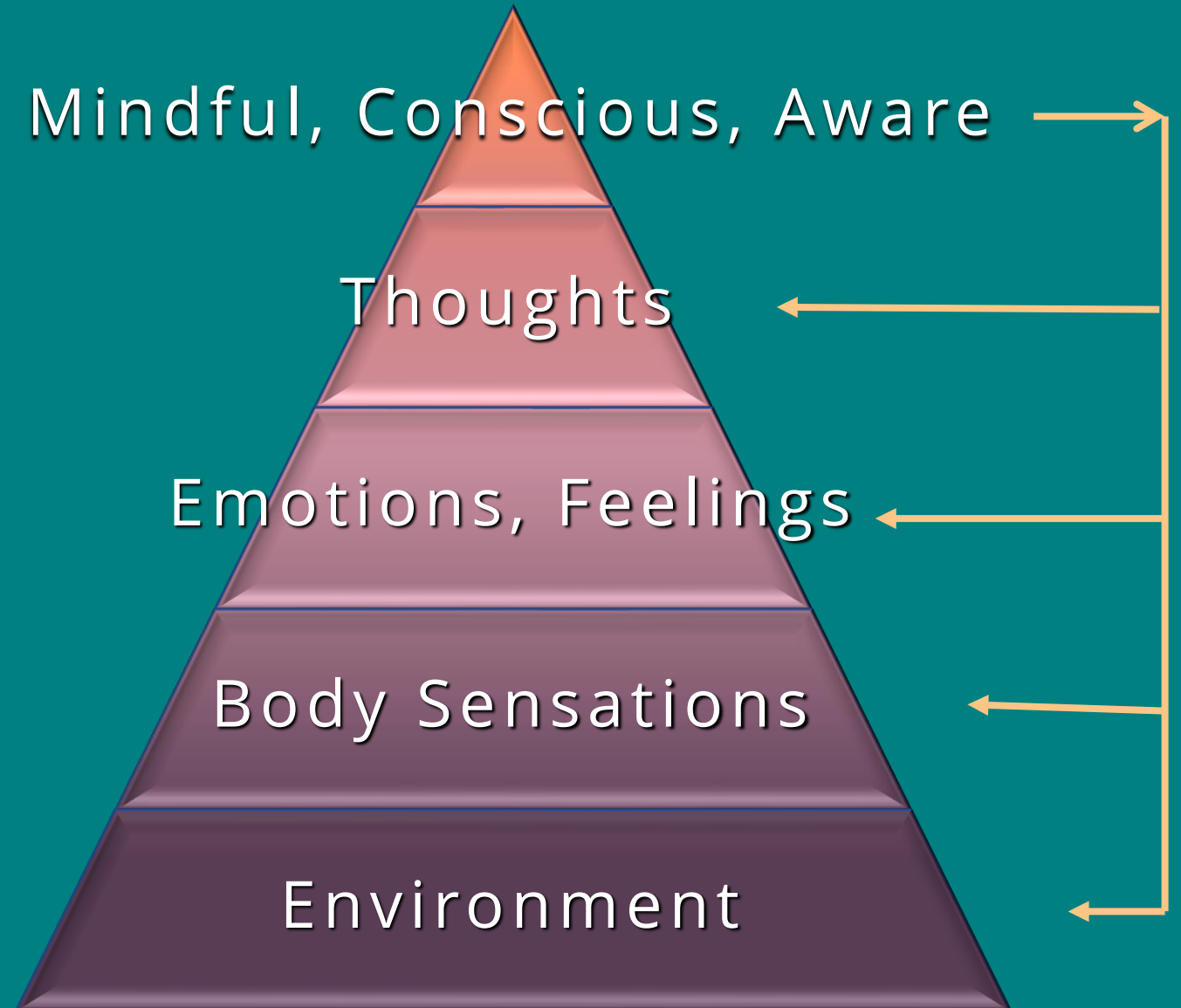
Family & Social Peace

Values to Live By Are Learned

Our values are like guiding stars.
Children need positive role models and guidance.
They influence children in a positive or negative direction.

FAMILY: Parents, Grandparents, Aunts, Uncles, Siblings, Cousins

COMMUNITY: Friends, Students, Teachers, Administrators, Clergy, Coaches, Neighbors, Organizations

MEDIA: Mass Media, Social Media, Video Games

CULTURE, ART, HISTORY, PHILOSOPHY, SCIENCE, LITERATURE, FILM: Books, Courses, Internet

NATURE: Experience, Education, Elders, Reading About, Seeing and Hearing in Media

NON-RELATIONAL	RELATIONAL
Destructive	Constructive
Indifferent	Empathetic
Unfeeling	Compassionate
Insensitive	Caring
Unkind	Kind

Quick Tips for Great Conversations

Many people have family and friends of different political persuasions.
Many of us have had difficulty keeping holiday conversations civil and friendly.
Many have chosen to not associate with people of different values and ideals anymore.
We seem to have lost the art of disagreeing respectfully.
Here are 40 tips to have better conversations.

1.   Don't skip the small talk.
2.   Please, please, put your phone away.
3.   Communicate with others as you would have them communicate with you.
4.   Choose mutually interesting subjects.
5.   Practice staying mindful, calm, and appreciative.
6.   Practice empathy and compassion.
7.   Sensemaking takes patience.
8.   Let others speak.
9.   Listen carefully.
10.   Don't interrupt another while s/he is speaking.
11.   Practice active listening.
12.   Be present.
13.   Avoid criticism and negative comments.
14.   Don't assume you know what's going on for the other person.
15.   Give them time to respond.
16.   Accept what they say is important.
17.   Show interest with eye contact and turning toward the other person.
18.   Share your stress as a way of being authentic.
19.   Notice when you're too stressed to continue the conversation.

Quick Tips for Great Conversations

20. Don't try to fix, or give solutions or advice unless asked.

21. Go with the flow of the conversation and keep an open mind.

22. Don't pontificate.

23. Keep the conversation going by asking questions, preferably open-ended ones.

24. Stay out of the weeds. Don't provide too many details or go on tangents. Help the other person understand what you are trying to say. Check if they understand you. Restate the main points.

25. If you don't understand or know something, just say that.

26. Try not to repeat yourself.

27. Don't have any expectations going into the conversation.

28. Let go of the outcome.

29. Facts don't convince others, share your feelings and your needs.

30. Be mindful of nonverbal cues.

31. Be inclusive.

32. Use respectful words.

33. Stay away from labels, stereotypes, and generalizations.

34. Don't exaggerate.

35. Stay open to learning and discovering something new or a new perspective.

36. Building trust is a critical component of building and maintaining healthy families, communities, institutions, and countries.

37. Express what you are grateful for and appreciative of in the other person.

38. Stop worrying about how you're being perceived – s/he likes you more than you think.

39. Thank her/him for meeting with you and talking with you.

40. Try to have some fun 😊

4☺ Quick Tips for Great Conversations

Conflict Resolution

Everyone's needs met

Win-win solutions

Creative conversation for
strategies to meet both sides' needs

Caring, respectful connection
to clarify each other's real needs

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.

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

Compassionate Communication

1. OBSERVATION
I see, hear, notice…

2. FEELINGS
I feel…

3. VALUES AND NEEDS
Because I value…
I need…

4. REASONABLE REQUEST
Would you be willing to… ?

S.H.A.R.E. Communication Model

STOP	• Stop the conversation to gain calmness, centeredness, and detachment from the conflict. • Stop to help others switch from lower mind (conflict and confusion) to a higher mind (clarity, understanding, and inner wisdom).
HELP	• Help develop an environment for support, teamwork, and win/win solutions. • Help people switch from a competitive mindset to a collaborative attitude.
ASK	• Ask questions to better understand the facts, feelings, values, needs, concerns, preferences, and ideas. • Ask questions to fill in the missing information. • Ask questions to picture what we can do together.
RISK	• Risk is the shifting point that opens a door to developing opportunities and dialogue about others' ideas. • Risk presents new ideas and options. • Risk taking actions to create a bigger future together.
EXPLORE	• Explore ways to create collaborative results. • Explore a new level of collaborative solutions not available on our own. • Explore to set goals and measurable action steps.

Ask Questions & Share What Is Real For You

Feelings	Values	Needs
Preferences	Possibilities	Aspirations
Wishes	Hopes	Dreams
Meaning	Purpose	Direction
Goals	Plans	Priorities

WISOCRACY

for

Wise
Democracy,
Wisdom, Wellbeing,
Peace & Nature

Democracy
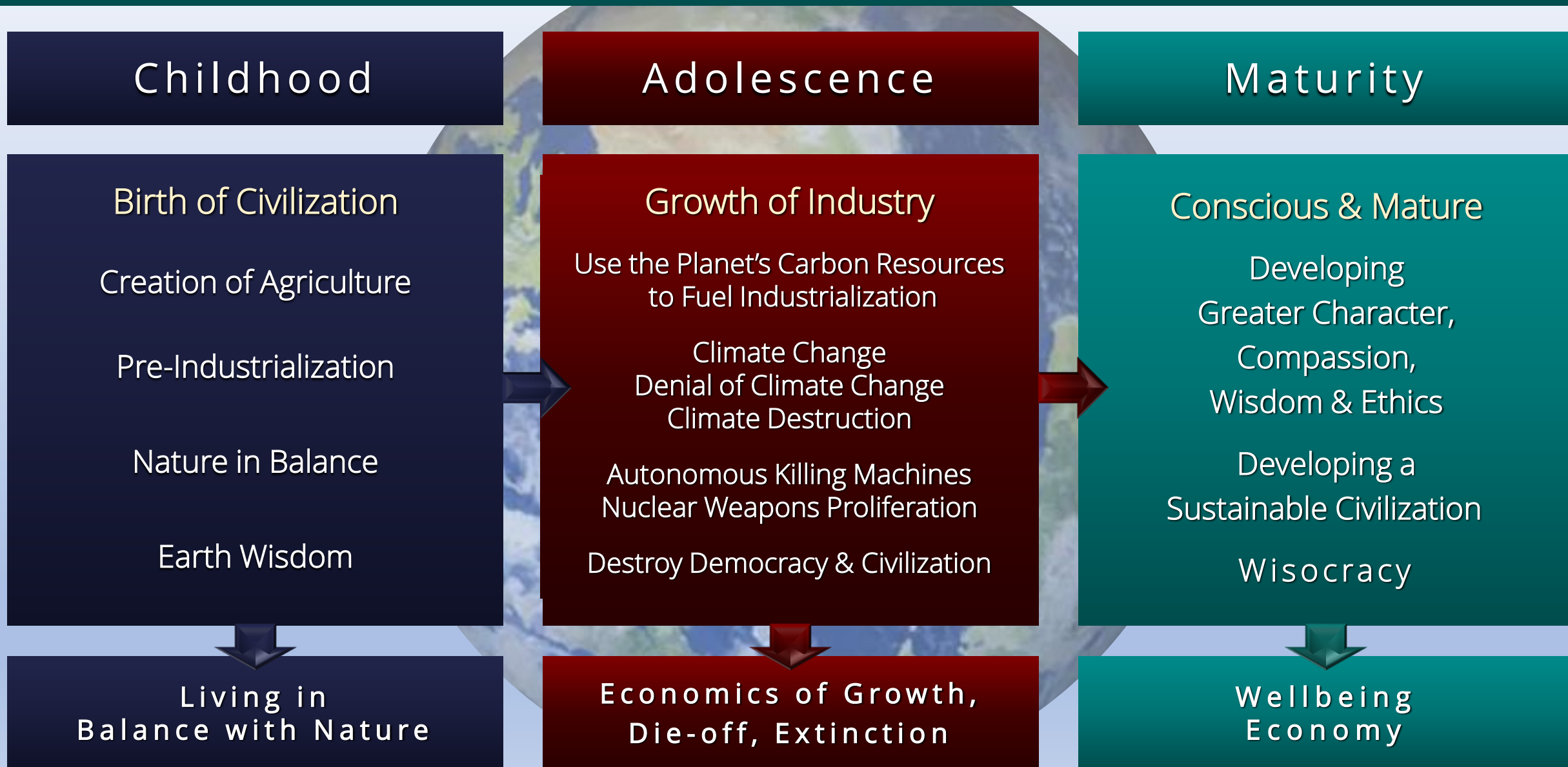+ Wise People
+ Wise Systems
= Wisocracy

How Wisocracy Works
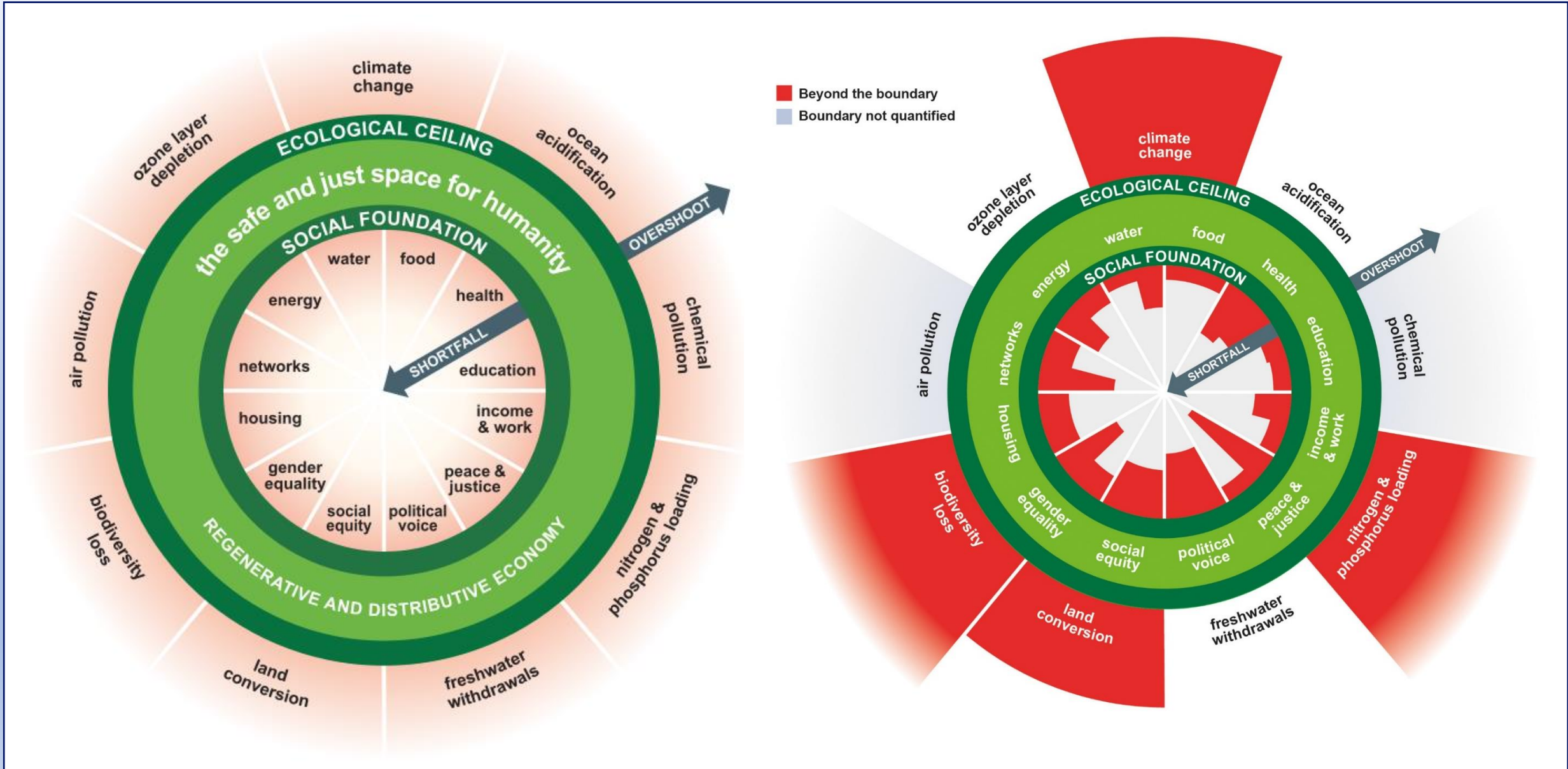# The 10 Methods of Wisocracy

1	QUALITY EDUCATION VALUING WISDOM & WELLBEING	• Quality education systems for all with values of wisdom and wellbeing for all and nature, and helping people have meaningful, purposeful lives.
2	FUNDING WISDOM & WELLBEING NEEDS	• Global demilitarization to fund human, social, and Earth's needs ror wisdom & wellbeing.
3	GOOD GOVERNANCE	• Good governance processes including accountability, transparency, and efficacy (right goals).
4	CIVIC DELIBERATION	• Deliberative democracy through respectful civic participation in public assemblies.
5	BUILDING TRUST & COLLABORATION	• In a polarized world, Wisocracy focuses on building trust and collaboration in the family, the community, the country, and in the world.
6	COMPASSIONATE COMMUNICATION	• Understanding the fears, concerns, and needs of each of the various groups of political voices that the other side ignores. Addressing the real needs of boys and men, and girls and women, driving the political and social conflict.
7	SOLUTION SEEKING	• Creative solution-seeking to society's problems.
8	MEANINGFUL MEDIA	• Support for journalism and culture that serves the public interest, not profit motives.
9	WISE LEADERSHIP	• Developing thoughtful, wise leaders for the good of all and nature with honest communication.
10	WISE ECONOMY	• Developing Whole Earth Economics to sustain people, society, and nature.

Economics for Peace

Maturation of A Global Civilization

Childhood

Birth of Civilization

Creation of Agriculture

Pre-Industrialization

Nature in Balance

Earth Wisdom

**Living in
Balance with Nature**

Adolescence

Growth of Industry

Use the Planet's Carbon Resources
to Fuel Industrialization

Climate Change
Denial of Climate Change
Climate Destruction

Autonomous Killing Machines
Nuclear Weapons Proliferation

Destroy Democracy & Civilization

**Economics of Growth,
Die-off, Extinction**

Maturity

Conscious & Mature

Developing
Greater Character,
Compassion,
Wisdom & Ethics

Developing a
Sustainable Civilization

Wisocracy

**Wellbeing
Economy**

Mutually Assured Survival (M.A.S.) Process

Trust Building & Peace Building

Gradual Global Disarmament
through
Annual 10% Military Expenditure Reduction

End Fossil Fuel Subsidies
by making corporations pay costs
of health and environmental damage

**Investments in
Human & Social Needs**
Water, Food, Energy
Health, Housing, Education
Income & work
Political voice
Networks
Peace & Justice
Gender equality
Social equity

**Investments in
Earth's Needs**
remediation of
Climate change
Ocean acidification
Chemical pollution
Nitrogen & phosphorus loading
Freshwater withdrawals
Land conversion, Biodiversity loss
Air pollution, Ozone layer depletion

Whole Earth Economics
12 Economic Goals for Earth & Humanity
with 12 Student Reporter Teams for Quarterly Updates

❶	❷	❸	❹	❺	❻
Interdependence of life on a planet with finite resources Population / Carrying Capacity Balance	GDP to GWP Gross Wellbeing Product	ESG Investment & Real Support for Renewable Energy & Smart Grids Disinvest from Fossil Fuels	Circular Economy	Whole Earth Business Models	BioRegeneration

❼	❽	❾	❿	⑪	⑫
Protection and Repair of Planetary Boundaries	Fair-Share Taxes to Reduce Wealth Gap & Violence	Global Demilitarization for Peace & SDGs	Funding for Education Health Care Housing Work	Culture for Peace & Work-Life Balance	Whole Earth Economics Education

Public Investment to Strengthen Communities

Public Health & Prevention	Economic Opportunity & Housing Security	Youth Development & Education	Built Environment & Community Spaces	Institutional Transformation
• Create sustainable funding streams for community violence intervention programs. • Scale civilian crisis-response models. • Increase funding for community health clinics, trauma recovery centers, and community health workers.	• Expand access to workforce development and employment programs. • Fund summer jobs for youth. • Fund targeted cash assistance programs for harm survivors. • Expand economic opportunity for formerly incarcerated individuals. • Expand access to housing through eviction defense, vouchers, and alternative real estate models.	• Create a grant program to fund local youth violence prevention plans. • Increasing resources for low-income schools. • Fund youth centers, sports, enrichment activities, and neighborhood-based wraparound support programs.	• Built environment and community spaces to lower stress can significantly reduce crime. • Increase grant funding for place-based neighborhood improvement projects. • Transform abandoned homes and buildings and clean vacant lots. • Create green neighborhood-led projects for "third spaces" such as parks, cafes, and community centers to lower stress and increase connections.	• Provide sustainable and accessible funding for grassroots organizations. • Enhance the capacity of community-based organizations. • Create a community safety division at the Department of Health and Human Services for civilian agencies dedicated to community safety. • Fund additional research on the social determinants of safety.

Peace with Nature

SUSTAINABLE PEACE WITH JUSTICE ON EARTH

Guided by

consideration for

all humans as family members.

Seeking wisdom from past generations.

Respecting the needs of future generations.

Appreciative of all

non-human sentient and non-sentient beings

with which the global human family

is interconnected and

interdependent.

Peace

Justice

Sustainability

**Political Systems
DEMOCRACY -
AUTHORITARIAN**

**Cultural Systems
TRADITIONAL -
MODERNIST CULTURE**
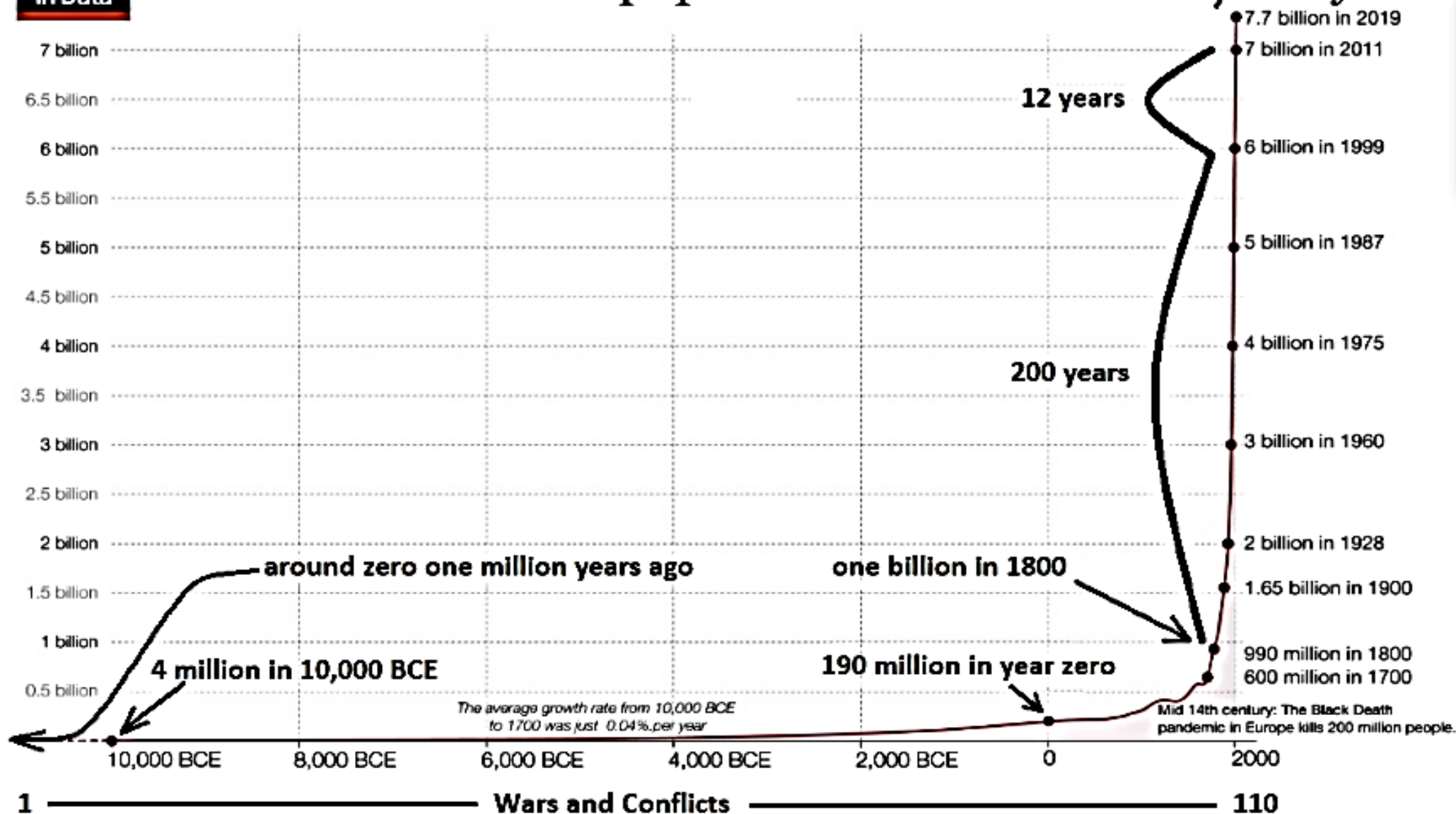
**Economic Systems
FOSSIL FUEL ECONOMY -
WHOLE EARTH ECONOMY**

World Population

- Humans have been evolving for a million years.

- Humans reached 4 million people by 10,000 BCE.

- In the time of Jesus, there were 190 million people on Earth.

- After one million years, humans reached 1 billion people in 1800.

- In just 128 years humans added the 2nd billion in 1928.

- World population grew exponentially to 6 billion in just 200 years.

- It took just 12 years to grow from 6 to 7 billion.

- There are now 110 wars and conflicts on Earth.

Our World in Data The size of the world population over the last 12,000 years

- 7.7 billion in 2019
- 7 billion in 2011

12 years

- 6 billion in 1999
- 5 billion in 1987

200 years

- 4 billion in 1975
- 3 billion in 1960
- 2 billion in 1928
- 1.65 billion in 1900

around zero one million years ago   one billion in 1800

- 990 million in 1800
- 600 million in 1700

4 million in 10,000 BCE   **190 million in year zero**

The average growth rate from 10,000 BCE to 1700 was just 0.04% per year

Mid 14th century: The Black Death pandemic in Europe kills 200 million people.

10,000 BCE   8,000 BCE   6,000 BCE   4,000 BCE   2,000 BCE   0   2000

1 ——————————— **Wars and Conflicts** ——————————— 110

This exponential growth in global population started in the 17th century due to new technologies and farming. Image: Our World in Data

"Democracy cannot survive overpopulation.
Human dignity cannot survive it.
Convenience and decency cannot survive it.
As you put more and more people into the world
the value of life not only declines, it disappears.
It doesn't matter if someone dies.
The more people there are the
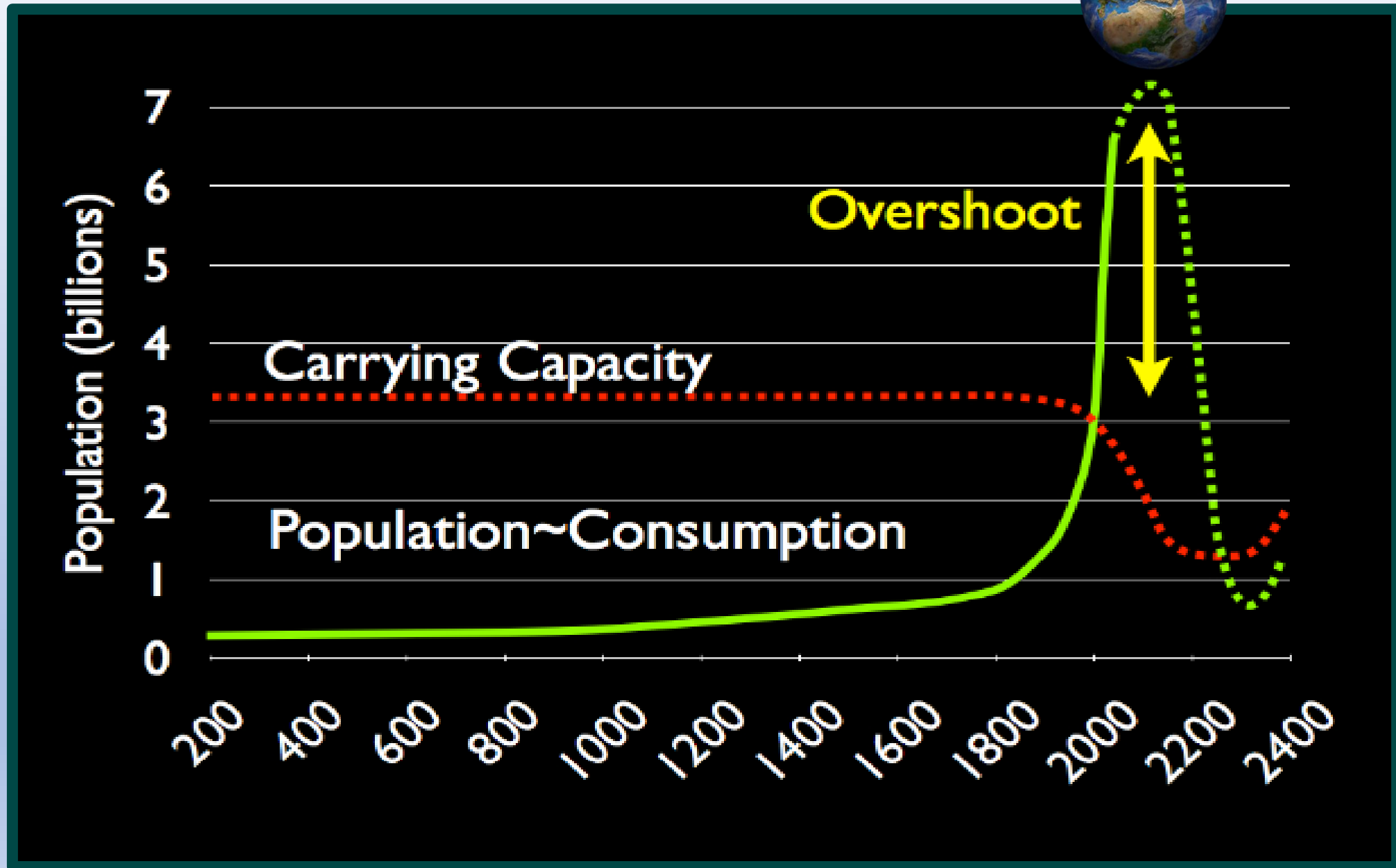less one individual matters."

Isaac Asimov
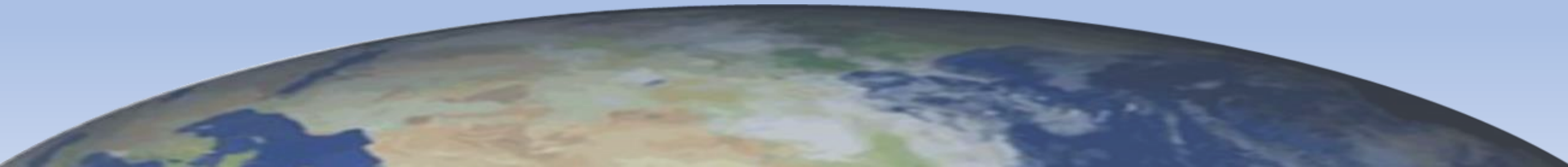
- I=PAT is a formula that describes the impact of human activity on the environment.
- The formula equates human impact on the environment to a function of three factors: population (P), affluence (A), and technology (T).
- The formula is often cited to describe the factors that cause environmental degradation.
- The formula can be expressed as I = P x A x T, where:
  - I is the environmental impact
  - P is the population
  - A is the affluence or amount consumed per person
  - T is the technology or resources needed to produce each unit of consumption
- Environmental degradation will increase global migration and conflict.
- We cannot achieve any genuine longer-term wellbeing without reducing Gross World Product by at least 75% very rapidly.
- We are exceeding Earth's carrying capacity by 300%.

Earth's Carrying Capacity

- Recent estimates of Earth's carrying capacity run between two billion and four billion people, depending on how optimistic researchers are about international cooperation to solve collective action problems.

- These estimates affirm that the more people we seek to sustain, the more modest their average standard of living needs to be.

Voluntary Simplicity

- A degrowth economy is seen as a necessary component of a transition away from a growth-based economic model, by reducing one's consumption of goods and services, and family size.

- Deconsumption and depopulation may then lead to an Earth-carrying capacity balance and a more sustainable and fulfilling life.
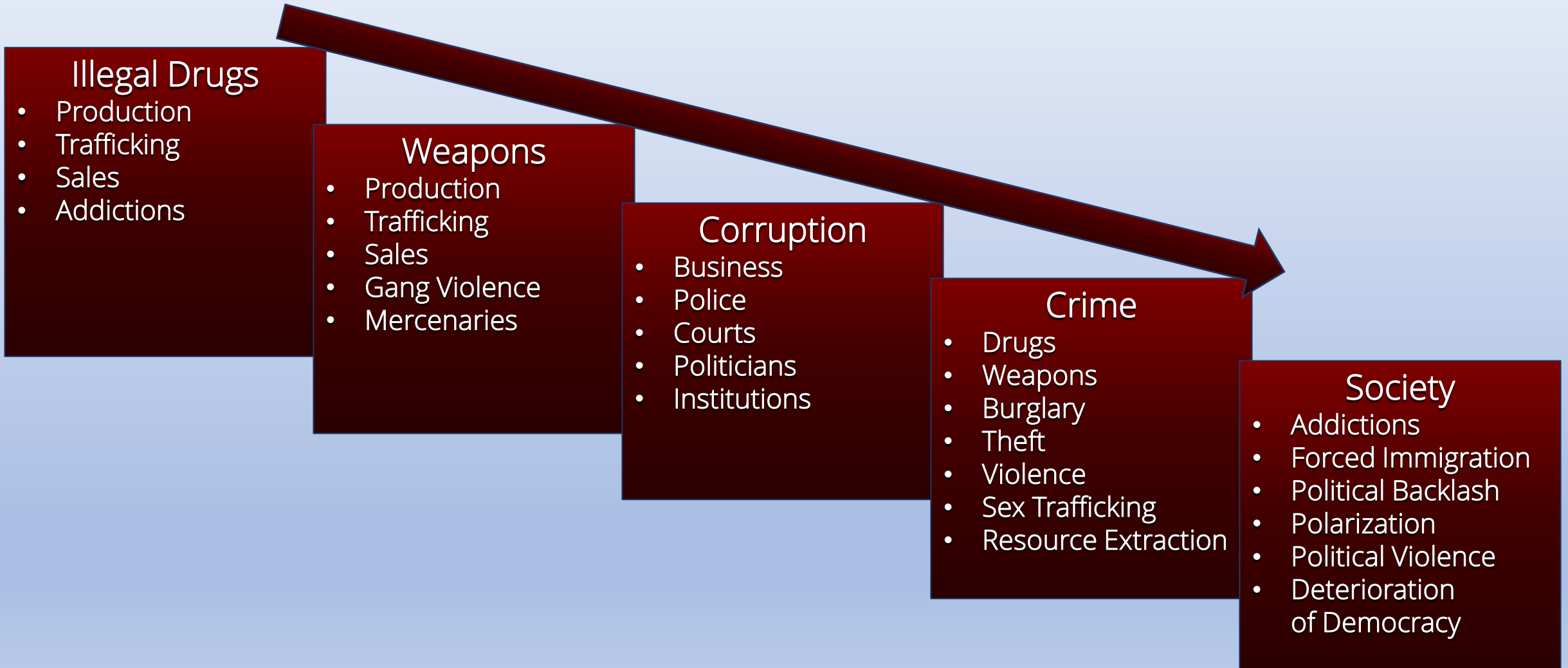
Voluntary Simplicity for Degrowth Economy

Reduce Consumption	Embrace Self-Sufficiency	Prioritize Community	Reduce Waste	Embrace Low-Tech Solutions	Prioritize Experiences Over Possessions
❑ Reduce consumption of goods and services ❑ Buy only what is necessary ❑ Repair and reuse items ❑ Avoid unnecessary purchases ❑ End unnecessary travel ❑ End fossil fuel-based entertainment	❑ Embrace self-sufficiency ❑ Reduce dependence on external sources of goods and services ❑ Grow own food ❑ Generate own energy ❑ Engage in DIY projects	❑ Community is seen as a key part of sustainability ❑ Prioritize community ❑ Build strong relationships with neighbors and local businesses ❑ Use public transportation	❑ Reduce waste ❑ Compost ❑ Recycle ❑ Reduce use of single-use items	❑ Embrace low-tech solutions ❑ Reduce dependence on high-tech gadgets and appliances ❑ Use manual tools ❑ Reduce screen time, avoid unnecessary electronic devices ❑ Choose low tech end-of-life procedures	❑ Prioritize experiences over possessions ❑ Spend time in nature ❑ Engage in creative pursuits ❑ Build strong relationships with friends and family

World Peace

Devolution of Society

Illegal Drugs
- Production
- Trafficking
- Sales
- Addictions

Weapons
- Production
- Trafficking
- Sales
- Gang Violence
- Mercenaries

Corruption
- Business
- Police
- Courts
- Politicians
- Institutions

Crime
- Drugs
- Weapons
- Burglary
- Theft
- Violence
- Sex Trafficking
- Resource Extraction

Society
- Addictions
- Forced Immigration
- Political Backlash
- Polarization
- Political Violence
- Deterioration of Democracy

Gangs to Transnational Organized Crime to War

1	Neighborhood-based gangs
2	Racial-nationalist gangs, prison gangs, outlaw motorcycle gangs, national-level street gangs
3	Transnational gangs
4	Organized crime, cartels
5	Global hackers, ransomware, money laundering, traffickers in drugs, weapons, guns, sex, data
6	Militias, mercenaries, terrorists
7	The ongoing expansion of military and espionage spending, creating greater distrust, conflict, and war, while at the same time lack of funding for human, social, and Earth needs cause deterioration.

M.A.D. or M.A.S.

IT'S OUR CHOICE. WHICH IS IT?

SHOCKING PHOTO SHOWS
THE DEVASTATION NUCLEAR WAR
AND CLIMATE CHAOS WOULD CAUSE

SHOCKING PHOTO SHOWS
THE BEAUTY, WELLBEING, PEACE
AND CLIMATE SAFETY WOULD CAUSE

Mutually Assured Destruction
that destroys
everyone and everything

Mutually Assured Survival
that safeguards
everyone and everything

The
Circular Fear
Loop

Destruction of the environment causes more heat, drought, fires, storms, flooding damage

Fearful leaders fund massive espionage and militaries to protect against each other

Militaries use the most fossil fuels

Estimated $3 trillion spent on world military and espionage generates more distrust and fear

Steps to Sustainable Positive Peace with Justice

We need to enhance education, political, economic, and environmental systems that will lead to sustainable peace.

Sustainable Positive Peace

Regeneration & Sustainability of Nature

Wellbeing Economy

Wise Political System

Human Character & Wisdom

"Crime has internationalized faster than law enforcement and world governance..."

Antonio Maria Costa
Former Executive Director
United Nations Office on Drugs and Crime (UNODC)

The Globalization of Crime:
A Transnational Organized Crime Threat Assessment

Global Peace Keeping

Global Protection of Nature

Global Sustainable Development
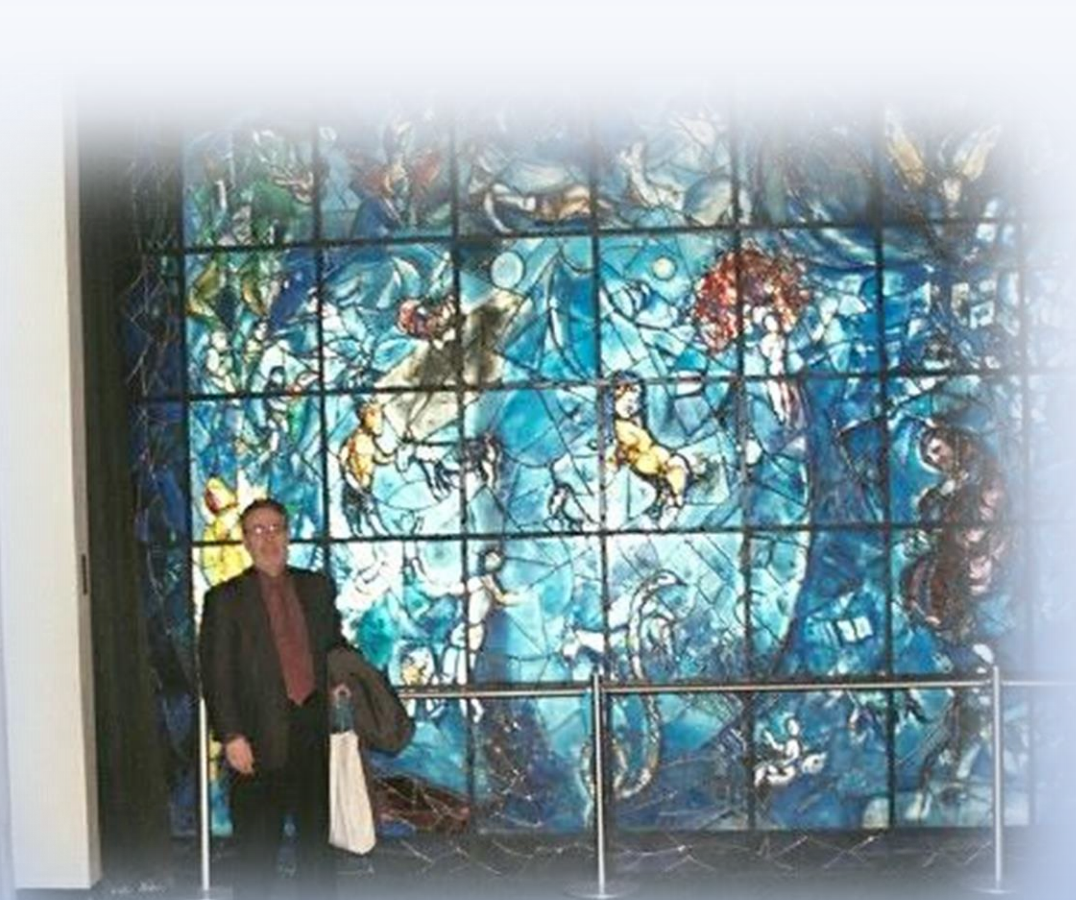
Global Migration Mitigation

Human Rights & Justice

The Knotted Gun at United Nations

UN Meditation Room

**Peace Window
by Marc Chagall**

Outside the UN Meditation Room
In memory of
Secretary-General Dag Hammarskjöld
and to all those who had lost their lives
in the cause of peace.

Norman Rockwell's *United Nations* Drawing

In 1952, at the height of the Cold War and two years into the Korean War, Rockwell conceived an image of the United Nations as **the world's hope for the future.** His appreciation for the organization and its mission inspired a complex work **portraying members of the Security Council and 65 people representing the nations of the world** – a study for an artwork that he originally intended to complete in painted form. Researched and developed to the final drawing stage, the artist's United Nations never actually made it to canvas.

Mosaic of Norman Rockwell's "Golden Rule" at the United Nations

Norman Rockwell's desire to reach out to a global community and emphasize the commonality of humankind found its forum on the cover of *The Saturday Evening Post* with his masterful work, *Golden Rule*, in 1961.

This painting later served as the inspiration for the stunning glass mosaic that was presented to the United Nations in 1985 as a 40th-anniversary gift on behalf of the United States by then First Lady Nancy Reagan.
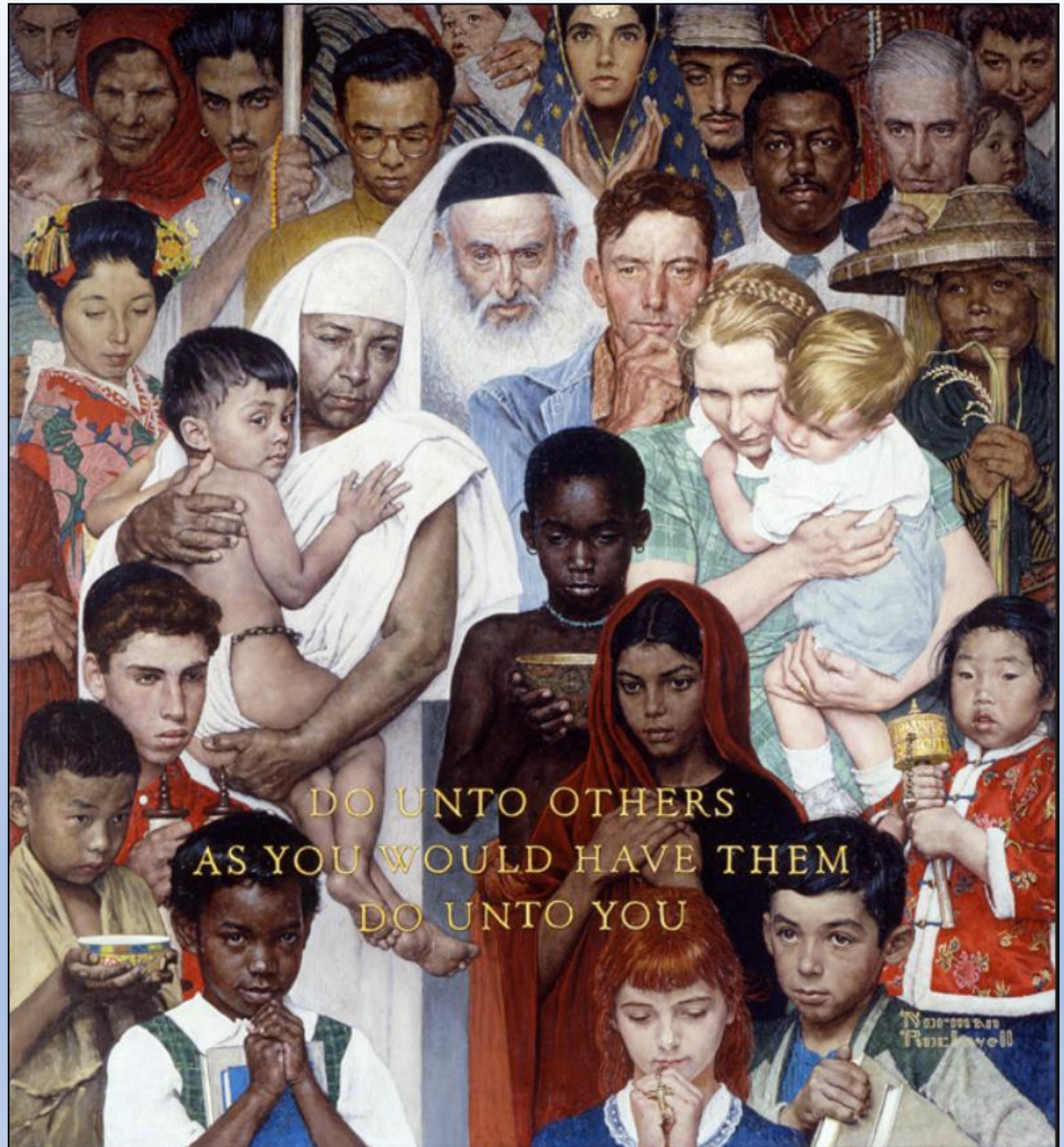
Japanese Peace Bell
is a United Nations
peace symbol.

An official gift of the Japanese
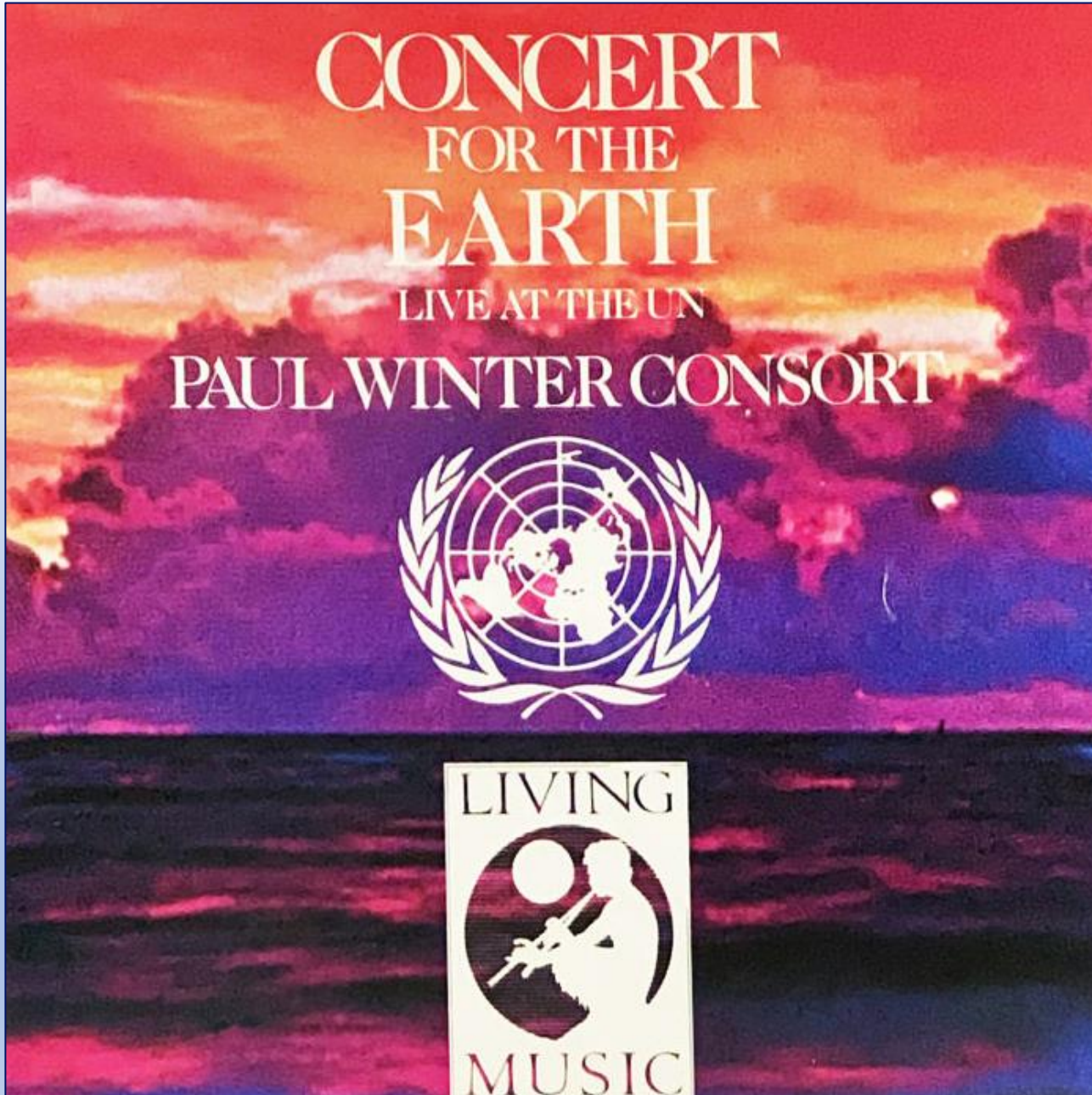people to the United Nations
on June 8, 1954.

**The metal in the bell itself
was obtained from coins
donated by delegates of 60
nations collected from delegates
by children** who were attending
the 13th General Conference
of United Nations Associations
held in Paris, France in 1951.

Inscribed on one side of the bell are
the Japanese characters that say:
*Long live
absolute world peace*
世界絶対平和萬歳

**Concert for the Earth
by Paul Winter Consort
Initiated by Sandy Hinden**

Concert for the Earth was recorded live at the General Assembly of the United Nations on World Environment Day, June 5th, 1984.

Paul Winter writes, "Playing in the General Assembly was a milestone of my musical journey, one that began in the early '60s when my college jazz sextet made a long tour through 23 countries in Latin America. That experience showed me the path for my life work and gave birth to my commitment to cultural exchange."

The United Nations Environment Program was established after 113 nations met in Stockholm to launch a massive global effort to develop broad international strategies for protecting the world's environment. The UNEP monitors global environmental trends and encourages sound environmental practices.

WORLD PEACE 51

Gertrude Mongella, President Pan African Parliament
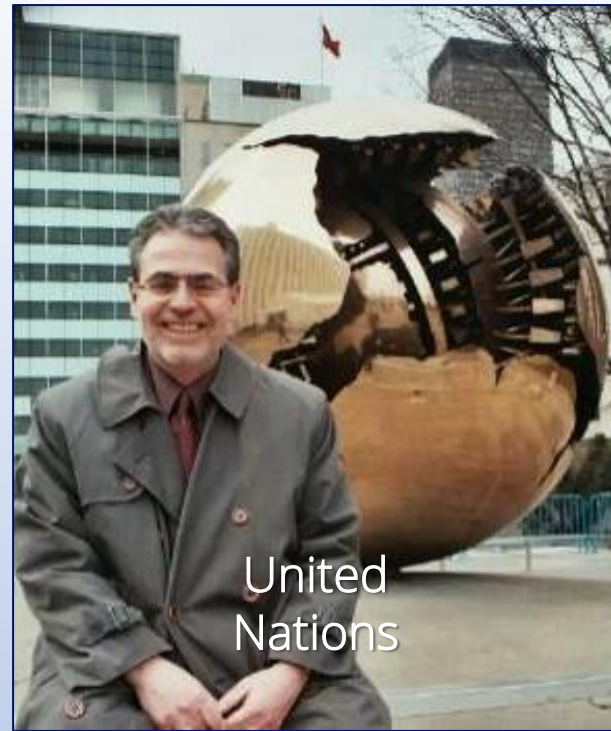
United Nations
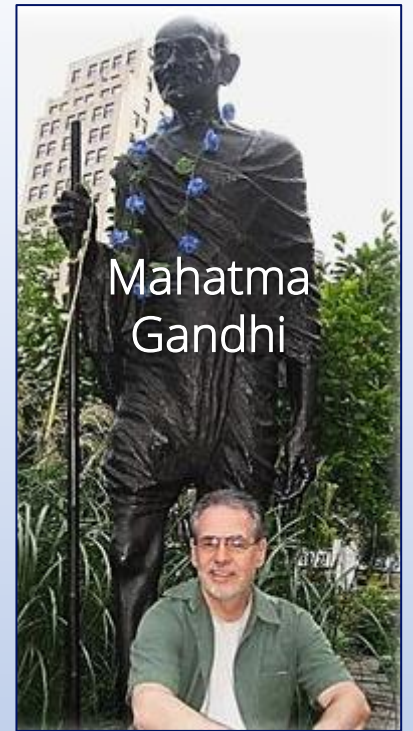
Mahatma Gandhi

Wyandanch Kwanza

Me ☺

Yoko Ono

Onaje Alan Gumbs

Paul Winter

Me

Barbara Gaughen-Muller

Commemorating the 75th anniversary of the Universal Declaration of Human Rights, December 10, we are called to reflect not just on the aspirational nature of its thirty articles, but on the tangible actions they compel us to undertake. The world of 1948, reeling from the barbarity of war, sought to erect bulwarks against such atrocities by proclaiming the rights intrinsic to all humanity. Fast forward three-quarters of a century, and the pursuit of these ideals is no less urgent!

Yet, peace – the ultimate endgame of the Declaration – remains as elusive as ever. It begs the question: if peace were simple to achieve, wouldn't our world be devoid of conflict? The answer lies not in the complexity of peace itself, but in the commitment it demands from each individual and institution. *Peace is not merely the absence of war; it is the presence of justice, the practice of equality, and the flourishing of human rights.*

Enter the Rotary 4-Way Test – a four-question ethical framework designed to guide our thoughts and actions with *truth, fairness, goodwill,* and *beneficence.*

Rotary

THE FOUR-WAY TEST
of the things we think, say or do

I. Is it the TRUTH?

II. Is it FAIR to all concerned?

III. Will it build GOODWILL & BETTER FRIENDSHIPS?

IV. Will it be BENEFICIAL to all concerned?

On this seminal anniversary, let us harness this test as a call to action. Let it be a personal and organizational pledge, a daily litmus test for decisions big and small. As we ask ourselves whether our actions promote truth, fairness, goodwill, and benefit to all, we inherently align with the spirit of the Declaration.

This alignment is not passive; it is the active shaping of a world where human rights are not an abstract concept, but a living, breathing reality.

We have the framework; we have the ethical yardstick. Now, what remains is the will to use them consistently and courageously, forging a future that upholds the dignity and rights of every member of our global family.

As we look ahead, let us reaffirm our commitment to these twin pillars of moral action. The Declaration of Human Rights, paired with the Rotary 4-Way Test, offers a blueprint for a world that can achieve peace – a peace that is not easy, but is certainly within reach, should we choose to stretch our collective hand to grasp it.

United Nations Reform

**Ambassador
Anwarul K. Chowdhury**

Former
Under-Secretary-General
and High Representative
of the United Nations

Fork in the Road

❖ The international community has reached a fork in the road.

❖ One path is to resign ourselves to the idea that an effective multilateral system is beyond our grasp, with the potential for reversion to the dangerous, anarchic world order that the United Nations was set up to improve upon.

❖ The other path, also rocky but considerably more hopeful, leads to global solidarity based on shared principles, objectives, and commitments, on the oneness of humanity, and on a global security architecture that has a chance of commanding genuine respect as well as the true acceptance and adherence of all States.

Abolish the Veto

- ❖ The veto power is not 'the cornerstone of the United Nations' but in reality, its tombstone.

- ❖ The Veto is undemocratic, irrational, and against the true spirit of the principle of sovereign equality of the United Nations.

- ❖ The veto power influences not only the decisions of the Security Council but also all work of the UN, including importantly the choice of the Secretary-General.

- ❖ The abolition of veto requires greater priority attention in the reform process than the enlargement of the Security Council membership with additional permanent ones.

- ❖ Such permanency is simply undemocratic.

United Nations Reform

Secretary-General

❖ Abolishing the veto would also release the election of the Secretary-General from the manipulating control of the veto-wielding permanent members of the Security Council.

❖ In future the Secretary-General should have only one term of seven years, as opposed to the current practice of automatically renewing the Secretary-General's tenure for a second five-year term, without even evaluating his performance.

❖ After choosing nine men successively to be the world's topmost diplomat, it is incumbent on the United Nations to have the sanity and sagacity to elect a woman as the next Secretary-General.

Civil Society

❖ A formalized and mandated involvement of and genuine consultation with the civil society would enhance the UN's credibility.

❖ The UN leadership and Member States should work diligently on that without fail for a decision by the General Assembly.

United Nations Reform

Transparency & Accountability

❖ Transparency and accountability are essential in the budget processes of the UN and personnel recruitment at all levels.

❖ Two other areas that need more scrutiny are extra-budgetary resources received from Member States and consultancy practices including budgetary allocations for that by the organization.

❖ Special attention in these areas is needed to restore the UN's credibility and thereby effectiveness and efficiency for the benefit of humanity as a whole.

Proposed Solution

Current
- Israelis and Palestinians believe they have the right to the same land.
- They don't trust each other and generate fear.
- The leaders are attached to the present pattern and are unwilling to change.
- Brutalism is taking over with a lack of empathy and compassion.
- Hezbollah is one of the world's most heavily armed nonstate actors, with an arsenal of about 150,000 rockets, including advanced precision-guided missiles.
- Kim Jong Un of North Korea said: "...the Third World War is about to start due to the escalation in the Middle East, and everyone should be ready for it".

Better Process
- Authentic communication of feelings, needs, and preferences.
- Mindful and compassion for the suffering, feelings, and needs of others.
- Collective, creative solution seeking.
- Collective creative evolution.

Proposed
- The Secretary-General could ask China, Russia, and Turkey to convince Iran, Hezbollah, and Hamas to forgo their stated intention to annihilate Israel and be willing to coexist.
- A UN Peacekeeping Operation can be established for the Middle East.
- Smartsettle can be used to negotiate an efficient and fair set of solutions to address the needs and concerns of Israelis and Palestinians.

SMARTSETTLE to End the Perpetual Conflict and War in the Middle East - Sandy Hinden with Perplexity AI

Many thousands of innocent children, women, and men have died in perpetual conflicts and wars between leaders of the Palestinian people and Israel's leaders.

- Jews and Arabs lived on this land for many thousands of years.
- During World War II, some Arab nations had alliances or collaborated with the Nazis, while others opposed them.
- The relationship between Nazi Germany and the Arab world was complex and involved elements of contempt, propaganda, collaboration, and emulation. The two most notable Arab politicians who actively collaborated with the Nazis were the Grand Mufti of Jerusalem, Amin al-Husseini, and the Iraqi prime minister Rashid Ali al-Gaylani.
- 75 years ago, following WWII when 6 million Jews and others were killed, the United Nations negotiators did not get a solid agreement from Arab nations to allow the formation of Israel in 1948.
- 1947: The UN General Assembly adopts resolution 181(II), which calls to divide Palestine into an unnamed "Jewish State" and an unnamed "Arab State" with Jerusalem under UN trusteeship
- 1948: Israel declares independence on May 15.
- War broke out 6 months later, the Israeli-Arab War begins, with five Arab states fighting against the creation of the state
- Arab people were displaced from their land and have been resentful ever since.

- To date, this has led to 10 major conflicts and wars:
    1. 1948 Arab–Israeli War (November 1947 – July 1949)
    2. 1956 Suez Crisis
    3. 1967 Six-Day War
    4. 1973 Yom Kippur War
    5. 1982 Lebanon War
    6. 2006 Lebanon War
    7. 2012 Israeli operation in the Gaza Strip
    8. 2014 Gaza War
    9. 2021 Israel–Palestine crisis or Operation Guardian of the Walls
    10. October 2023 Gaza–Israel conflict (ongoing)
- Over the years, both Hamas and Israel have ignored each other's need to exist and co-exist.
- I think this is what the Secretary General was referring to when he said the deadly Hamas attack on southern Israel "did not happen in a vacuum…"
- Hezbollah wields significant power in Lebanon, where it operates as both a Shiite Muslim political party and militant group.
- It opposes Israel and Western powers operating in the Middle East, and it functions as a proxy of Iran, its largest benefactor.
- To reach peace, many need to change, yet the leaders and many people refused to change, and allow an agreement to be reached.
- World War III can start in the Middle East or can be averted.
- Israel has been surrounded by forces that threaten their existence – Iran, Hezbollah, and Hamas.
- China, Russia, and Turkey might be able to convince Iran, Hezbollah, and Hamas to give up their stated intention to annihilate Israel. This may be the time.

Smartsettle™
BEYOND WIN-WIN

A Collaborative Negotiation Service

Smartsettle Products:
- Modeller
- Educator
- Negotiator
- Facilitator
- Researcher

Resolving conflict in a more peaceful, collaborative & intelligent way throughout the world

Beyond Win-Win

"Smartsettle is the only
program on Earth supporting simultaneous
contributions to any conversation from all countries.

While not having to leave home, it spares the expense
of flying all over the planet, and spares Earth the exhaust.

Smartsettle allows all countries to speak all at once,
'hearing' every voice at the same time, while distinguishing
between a nation's public and private positions.

Smartsettle does not tell anyone what to do.
It produces proposals for the best possible results,
offering suggestions for the best
possible solution for all."

Alan MacBean
Smartsettle

Smartsettle
BEYOND WIN-WIN ™

A Collaborative Negotiation Service

A process that

facilitates cooperation

leading to fair and

efficient agreements,

even when there is

less than perfect

trust at the outset.

1. **The future of humanity will be** determined by people and nations learning to settle their differences peacefully.

2. **When superpowers, organizations, and people** find a way of cooperating it leads to a reduction in conflict, cost savings for all sides, and creating the highest possible outcomes for all.

3. **Smartsettle is an online neutral site** that receives information from its users and responds by serving information that helps collaborative negotiators reach fair, efficient, and timely agreements.

4. **Smartsettle:**
   - Establishes trust and an environment for collaboration
   - Helps parties identify and keep their preferences confidential.
   - Models the entire problem in advance so that decision-makers are able to compare different alternatives being considered in real-time during negotiations.
   - Uncovers significant hidden value in a practical and timely manner.
   - Can generate and fairly distribute mutually beneficial gains.
   - Reaches an acceptable solution, even when a fair outcome is not obvious.
   - Helps internationally and nationally, in businesses, communities, and families – creating fair and optimal solutions, with the highest possible outcomes.

"Ernest Thiessen is a highly regarded expert in negotiation analysis and conflict resolution. He has made remarkable contributions to the field by discovering two essential principles that enhance human well-being. These principles serve as invaluable tools for *harvesting hidden value* in negotiations and *fostering collaborative efforts to distribute that value equitably.* Thiessen's groundbreaking Smartsettle Collaboration System offers unparalleled outcomes for negotiations in business, community, or family settings. By leveraging this system, humanity has the unprecedented opportunity to tap into its immense potential for achieving lasting peace, harmony, and prosperity."

Sanford Hinden
Wisocracy

Innovative Collaboration Tools

Harvesting and Distributing Hidden Value for the Best Possible Results

Smartsettle ONE	For monetary issues	Resolve financial negotiations easily and quickly online
Smartsettle MODELLER	For negotiation analysis	Model, discover, compare and analyze potential outcomes
Smartsettle INFINITY	For sophisticated negotiations	Collaborate in a secure environment to find the optimal outcome

Greater Collaborative Outcomes

Smartsettle™
BEYOND WIN-WIN

A
Collaborative
Negotiation
Service

People bring

- Feelings
- Perceptions
- Beliefs
- Values
- Needs
- Concerns
- Preferences

People may experience:

Lack of Communication

Misinterpretation

Misunderstanding

Problems / Issues

Questions / Conflicts

Disputes

Lack of Trust

Smartsettle helps

Establishes trust and an environment for collaboration

Clarifies preferences

Compares alternatives

Simultaneously optimize two objectives, efficiency and fairness

_____

Efficiency ensures no value is left on the table

Fairness allocates the harvested value in an equitable manner

A Collaborative Negotiation System
for Individuals, Families, Communities, Nations, and the World

Smartsettle™
BEYOND WIN-WIN

Powered by nine intelligent methods at a Secure Neutral Site

Single Negotiating Framework	(SNF)	Establishes working relationships
Comprehensive Preference Analysis	(CPA)	Establishes intelligence
Visual Blind Bidding	(VBB)	Saves valuable time
Share The Overlap	(STO)	Focuses parties on the solution
Reward Collaborative Behavior	(RCB)	Converts adversaries into collaborators
Small Gap Closer	(SGC)	Avoids small gap impasse
Fairness Enhancing Normalization	(FEN)	Encourages interest-based negotiation
Maximize the Minimum Gain	(MMG)	Harvests and fairly distributes hidden value
Expert Neutral Decider	(END)	Guarantees a collaborative outcome

Smartsettle

Efficiency
ensures no value is left on the table

Fairness
allocates the harvested value in an equitable manner

Algorithmic Superintelligence	Smartsettle represents a groundbreaking form of "Algorithmic Superintelligence" that combines human expertise with advanced AI algorithms to model complex problems and party preferences accurately.
Continuous Improvement	Smartsettle continuously improves by gathering data and insights from ongoing negotiations, fine-tuning its understanding of how parties achieve satisfaction. This iterative learning process enhances its ability to generate tailored solutions.
Satisfaction-Driven Suggestions	Smartsettle's primary goal is to guide parties toward a fair consensus on the "efficiency frontier" by comprehensively understanding each party's values and priorities. It generates suggestions tailored to meet the unique needs of all parties, resulting in more satisfactory outcomes.
Efficiency Frontier Optimization	Smartsettle focuses on helping parties reach agreements on the "efficiency frontier," ensuring negotiations are efficient and mutually beneficial. It seeks solutions that maximize overall satisfaction while respecting each party's interests.
Fair Consensus Facilitation	Smartsettle employs advanced algorithms, including "Maximize the Minimum Gain," to foster fair consensus. This ensures that uncovered value is distributed equitably among all parties.
Empowering Negotiators	Smartsettle empowers negotiators with a powerful tool to navigate complex negotiations effectively. It streamlines the process and provides data-driven insights, enhancing the efficiency and effectiveness of negotiation teams.

Timeline of Israel
– From Perplexity AI

Here is a timeline of key events and developments in the history of Israel:

Pre-20th Century:
1700s BCE: Abraham settles in the land of Israel (Canaan)
1500 BCE: Joseph is sold into slavery, and his family joins him in Egypt
1400s BCE: The Hebrews are enslaved by the Egyptians
1300 BCE: Moses leads the Hebrews out of Egypt
1200s BCE: The Hebrews arrive in Israel
1020 BCE: Saul is crowned the first King of Israel
1000 BCE: David becomes King of Israel
922 BCE: Israel is split into two nations: Israel in the north and Judah in the south
722 BCE: The Assyrians conquer the Northern Kingdom of Israel
586 BCE: Babylon, ruled by Nebuchadnezzar, conquers Judah and destroys the First Temple in Jerusalem
538 BCE: The Persian King Cyrus the Great allows the Jews to return to Israel and rebuild the Second Temple
332 BCE: Alexander the Great conquers Israel, which becomes part of the Hellenistic Empire
63 BCE: The Roman Empire conquers Israel

20th Century:
1897: First Zionist Congress in Basel, Switzerland, adopts the Basel Program, which sets the goal of establishing a Jewish homeland in Palestine
1917: Balfour Declaration: Britain declares its support for the establishment of a national home for the Jewish people in Palestine
1947: UN General Assembly Resolution 181 proposes the partition of Palestine into separate Jewish and Arab states
1948: Israel declares its independence on May 14, starting the first Arab-Israeli war
1967: Six-Day War: Israel captures the Sinai Peninsula, the Gaza Strip, the West Bank, East Jerusalem, and the Golan Heights
1979: Israel signs a peace treaty with Egypt at Camp David in the United States
1980: The Knesset passes the Jerusalem Law, asserting that Jerusalem is the undivided capital of Israel
1993: Oslo Accords: Israel and the Palestine Liberation Organization (PLO) sign a peace agreement, establishing the Palestinian Authority
2005: Israel withdraws from the Gaza Strip, but the area remains under a blockade
2020: The United Arab Emirates and Bahrain establish diplomatic relations with Israel, known as the Abraham Accords

Timeline of the Zionist Movement
– From perplexity AI

The Zionist movement, which aimed to establish a Jewish state in the historic land of Israel, has a complex and multifaceted history. Here is a timeline of key events and developments in the Zionist movement.

This timeline provides a brief overview of the Zionist movement's history, but it is important to note that the movement's development and impact were influenced by various factors, including political, social, and religious dynamics.

1860: James Finn, the second British Consul in Jerusalem, proposes the settlement of Jews as agriculturalists in partnership with the Arab peasantry

1861: The Zion Society is formed in Frankfurt, Germany

1885: The term "Zionism" is coined by Viennese writer Nathan Birnbaum

1890: The Russian Tsarist government approves the establishment of "The Society for the Support of Jewish Farmers and Artisans in Syria and Palestine," also known as "The Odessa Committee"

1896: Theodor Herzl, the founder of the Zionist movement, calls for the "restoration of the Jewish State"

1897: The First Zionist Congress is held in Basel, Switzerland, and establishes the World Zionist Organization (WZO), which urges "a publicly and legally assured home in Palestine" for Jews

1904: Cultural Zionism is accepted by most Zionists, and a schism begins to develop between the Zionist movement and Orthodox Judaism

1917: The Balfour Declaration is published, in which Britain declares its support for the establishment of a national home for the Jewish people in Palestine

1948: The State of Israel is established, marking a significant milestone in the Zionist movement's quest for a Jewish homeland

Ancient History of Palestine
– From perplexity AI

The ancient history of the Palestinian people is a complex and multifaceted subject. Here are some key points to consider:

Palestine's early inhabitants: From 12,500 – 9,500 BCE, Palestine was inhabited by people from the Natufian culture, who were hunter-gatherers living in villages and processing wild cereals
The region of Palestine is among the earliest sites of human habitation in the world, with archaeological evidence suggesting a hunter-gatherer community living a nomadic existence in the region pre-10,000 BCE
Canaanite influence: In the Bronze Age, the Canaanites established independent city-states in Palestine that were influenced by the surrounding civilizations, including Egypt, which ruled the area in the Late Bronze Age
Israelite and Philistine presence: After the withdrawal of the Egyptians, Canaan became home to the Israelites and the Philistines. The first record of the name Israel is documented in the Merneptah stele, established by Pharaoh Merneptah around 1209 BCE. The Israelites settled the central highlands, a loosely defined highland region stretching from the Judean hills in the south to the Samarian hills in the north

Assyrian and Babylonian rule: Palestine was conquered in 721 BCE by the Assyrians and in 586 BCE by the Babylonians, who exiled much of the population
Persian and Hellenistic periods: In the late 330s BCE, Alexander the Great conquered Palestine on his way to Egypt. The region came under the control of the Seleucid Empire after Alexander's death and later experienced Hellenistic influence
Roman and Byzantine rule: Palestine came under Roman control in 63 BCE and later became part of the Byzantine Empire
Islamic and Crusader periods: In the 7th century CE, Palestine was conquered by the Muslim Arab armies and became part of the Islamic Caliphate. In 1099, the Crusaders established the Kingdom of Jerusalem in Palestine, which was later reconquered by the Ayyubid Sultanate in 1187
Ottoman rule: Following the invasion of the Mongol Empire, the Egyptian Mamluks reunified Palestine under their control before the Ottoman Empire conquered the region in 1516 and ruled it as Ottoman Syria largely undisrupted through to the 20th century
Modern history: The modern history of Palestine is marked by various events, including the establishment of the State of Israel in 1948 and the ongoing Israeli-Palestinian conflict. For a detailed timeline of the Israeli-Palestinian conflict since 1799, you can explore the interactive timeline provided by Al Jazeera

Timeline of Recent Key Events in the History of Palestine
– From perplexity AI

1799: Napoleon offers Palestine as a homeland to Jews

1897: First Zionist Congress takes place in Basel, Switzerland, and the first Zionist organization is founded

1915: British cabinet member Herbert Samuel calls for the British annexation of Palestine in the memorandum "The Future of Palestine"

1922: The League of Nations grants a mandate over former Ottoman territory Palestine to the UK, including the terms of the Balfour Declaration, which supports a "Jewish national home"

1933: Palestinians riot amid a sudden rise in Jewish immigration from Nazi persecution in Germany

1936-1939: Palestinian rebellion against the British Mandate and Jewish immigration

1947: The UN General Assembly adopts resolution 181(II), which calls to divide Palestine into an unnamed "Jewish State" and an unnamed "Arab State" with Jerusalem under UN trusteeship

1948: Israel declares independence on May 15, and the Israeli-Arab War begins, with five Arab states fighting against the creation of the state

1967: After the Six-Day War, Israel captures Palestinian Arab territories of the West Bank, East Jerusalem, Gaza, and the Sinai Peninsula, as well as the Syrian territory of Golan Heights, leading to a decades-long Israeli occupation of Palestinian territories

1987: The First Intifada, a Palestinian uprising against Israeli occupation, begins

The Peacemaker's Toolbox

- Listen to, pay attention to, and value people.

- Give appreciation, it feels wonderful.

- Use people's contributions.

- Understand people's dreams and needs.

- Understand what they need to shift to get on with their dream.

- Understand what they need to let go of to get on with their dream.

1 0   T i p s   t o   D e v e l o p   C h a r i s m a

Developing charisma
is a learnable skill anyone can acquire.
Here are some tips and techniques
to help you develop your charisma.

1. **Exude Confidence:** Charismatic people are confident in themselves and their abilities. Practice self-assurance by setting and achieving small goals, and by developing the knowledge and skills you need to succeed.

2. **Be Attentive:** Pay attention to the people you interact with and show genuine interest in what they have to say. Ask questions and be a good listener to understand them better.

3. **Radiate Warmth:** Smile more and maintain eye contact during conversations. When you smile at another person, you will be perceived as warm and positive, which are the hallmarks of charisma.

4. **Convey Passion:** Talk about topics that you are passionate about. Charismatic people are often passionate, and being around them can motivate others to act.

5. **Have a Cause:** Charismatic individuals often have a purpose or a cause that they believe in. Find something that you are passionate about and work towards it. This can help you develop a sense of purpose and inspire others to join you.

6. **Manage Your Nerves:** Practice managing your nerves in high-pressure situations. Charismatic people are often calm and composed, even in stressful situations.

7. **Pace Your Speech:** Speak at a moderate pace, and use pauses effectively to emphasize key points. This can help you appear more confident and in control.

8. **Use Open Body Language:** Maintain an open and relaxed posture during conversations. This can help you appear more approachable and inviting.

9. **Be Yourself:** Authenticity is essential for developing charisma. While you can learn and practice certain behaviors, it's important to stay true to yourself and your values.

10. **Practice, Practice, Practice:** Developing charisma takes time and effort. Look for opportunities to practice your skills in various social and professional settings.

Action Research

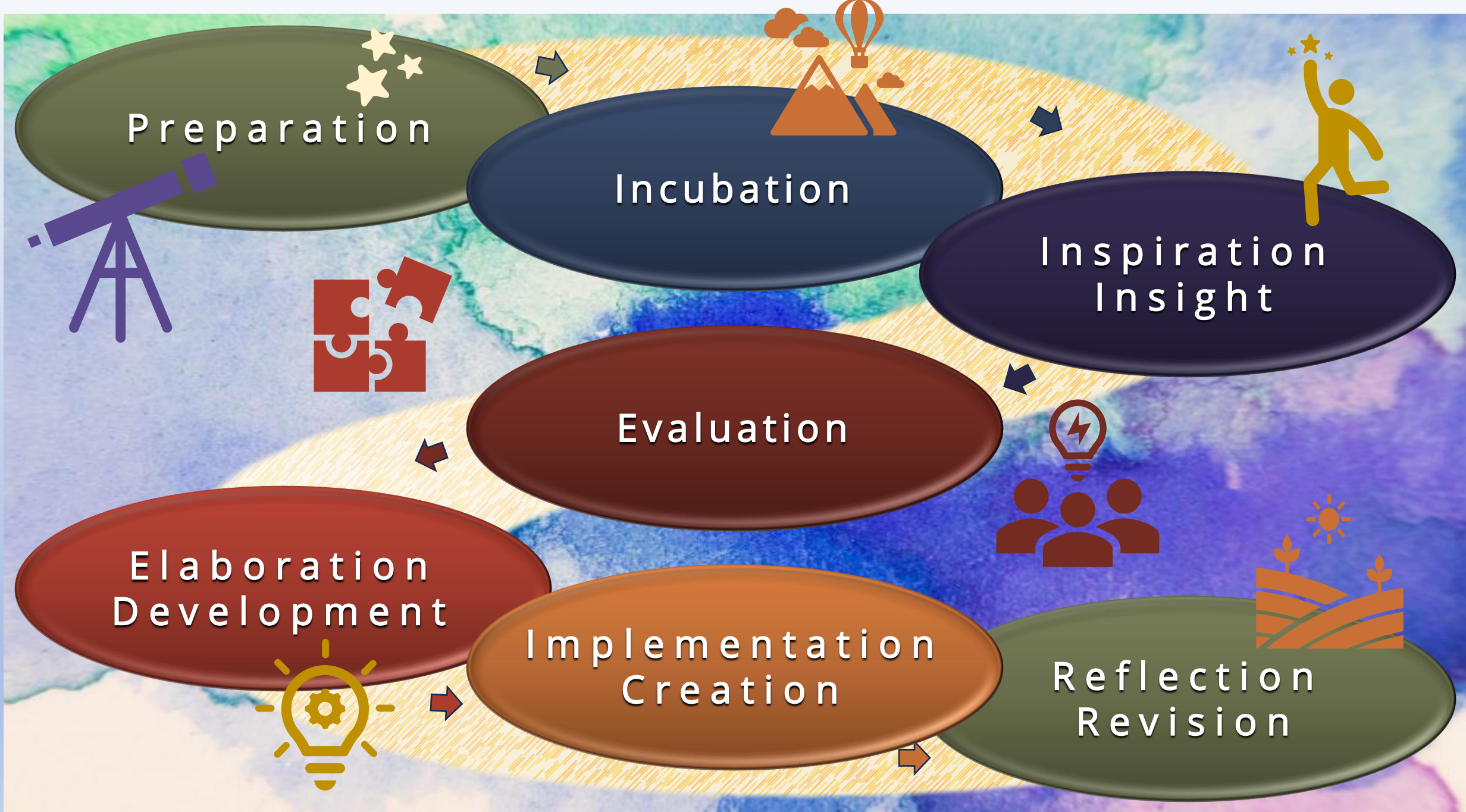1. Identify problem / Envision success
2. Develop Plan of Action
3. Take Action
4. Get Feedback / Collect Data
5. Analyze Data / Form Conclusions / Learn from Action
6. Report Findings and Results
7. Adjust Theory / Identify Next Steps / Begin Again

Feedback is assessment, gaining observations and comments, criticisms, evaluations, and reactions to learn from.

- When your proposal or process doesn't work, don't just rush to just prepare another proposal or new effort.

- Take a more thoughtful approach.

- Clarify why the proposal or process didn't work.

- What can be done differently next time?

- When a group makes an effort, it needs feedback to assess what it encountered, and to learn from the experience.

- This occurs in open communication, in a debriefing to learn from.

- Through understanding what went wrong with the proposal or process it avoids wasting more time and effort.

Collaborative Design

Collaborative, cocreative, peer-to-peer learning through action research & design

1 — CLARIFY
- Define your goal
- Look for patterns and insights
- Question assumptions
- Frame your P.O.V.
- Share your findings

2 — EMPATHIZE
- Learn about each other
- Observe and interview
- Listen
- Ask questions

3 — IDEATE
- Brainstorm and select
- Cocreate with team members
- Experiment
- Come up with many solutions

4 — PROTOTYPE
- Think big, act small, fail fast, keep learning
- Gather feedback
- Refine
- Learn from experiments and users

5 — TEST
- User testing and surveys
- Evaluate
- Gather learnings
- Iterate and scale

6
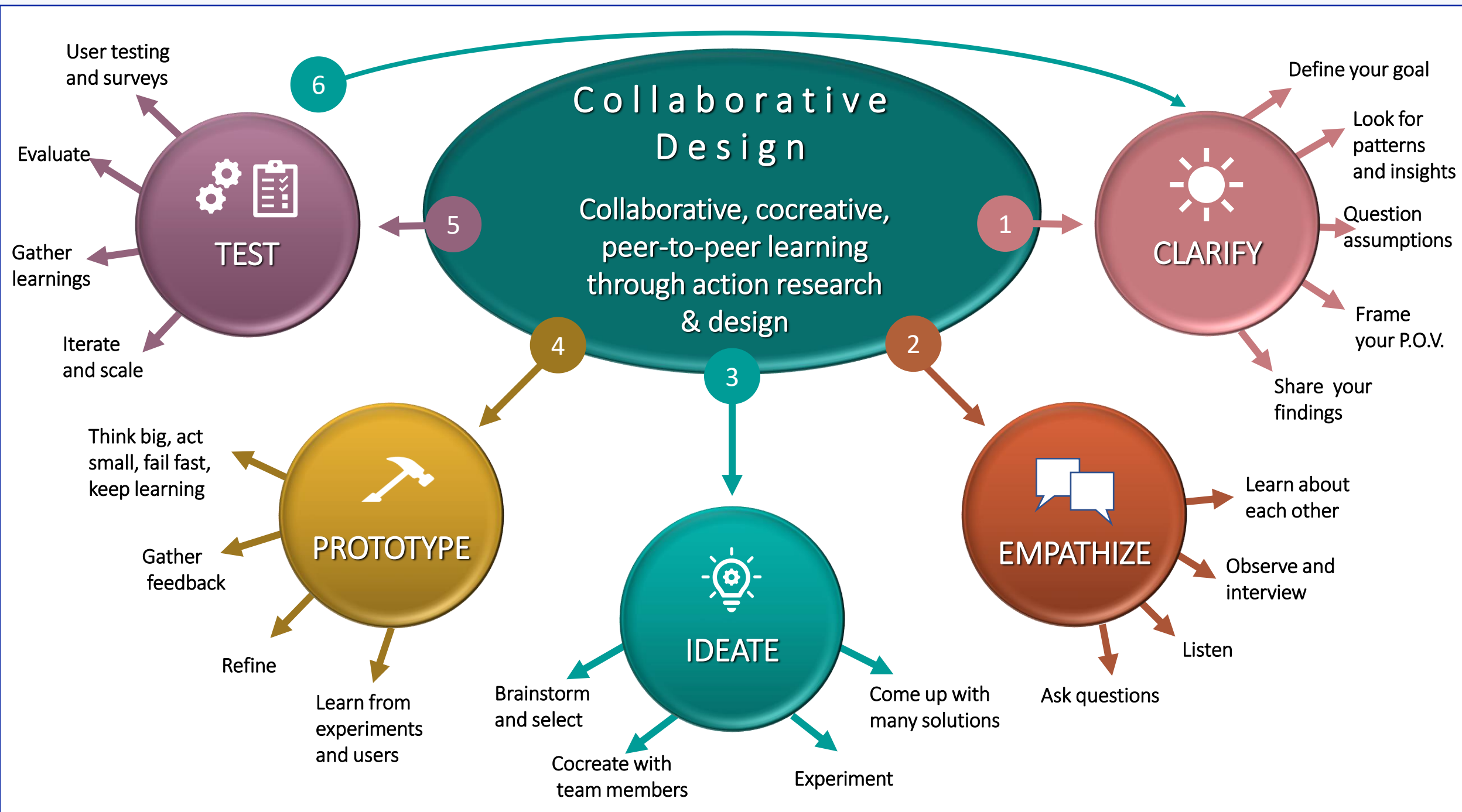
About

Sanford Hinden's Peace & Sustainability Initiatives

Year	Initiative	Year	Initiative
2023	We Wish For Peace - Comprehensive Peace Training	2016-19	Facilitator, Saturday Night Conversation Club
2023	Whole Earth Economics	2016	Proposed Annual Sacred Earth Conference
2023	The People's Government for Earth & Humanity	2015	Founder, Commonwealth for Earth & Humanity
2023	Community Investments to Transform Gangs	2013-15	Proposed, Desalinization Plants and Water Pipelines to ameliorate rising seas and drought
2022	Founder, Wisocracy, Wisdomia Game		
2022	Co-founder of Enlightened Leaders for Mutually Assured Survival	2013-16	Advisor, Lake Victoria Peace & Sustainability Center, Kenya
2021	Author, Guidebook for Person & Planet	2012	Proposed, Paradise Earth Accord for Middle East
2021	Facilitator, Inner Peace & Outer Justice Program	2009	Author, 7 Keys to Love
2021	Developer, Global Generative Giving Report Card	2006	Founder, ABCD, African Business & Community Development Project
2021	Producer, Multinational Summits, docudrama series proposal to address global migration from corruption, gangs, war, and crime to peace and sustainable work	2005-10	Founder, president, Long Island Men's Center
		2000	Affiliated International Network of Peace Museums with the UN
2021	Facilitator, Wisdom for Men, Zoom meetings	1995-98	Founder, NYC Metropolitan Peace Museum Project
2020	Facilitator, Evolving Earth Conversation		
2020-21	Host, Commonwealth for Earth & Humanity YouTube Channel	1984	Initiator, Concert for the Earth with Paul Winter, United Nations Environment Program
2020	Writer, Sacred Earth Center website	1979-85	Founder, Universal Children's Gardens, UN-affiliated NGO
2019-20	Developer, Earth Solutions Project		
2018-19	Facilitator, Quarterly Wisdom Circle	1979-81	Staff, Planetary Citizens, UN-affiliated NGO

A b o u t

Sanford Hinden
Educator, Administrator, Organizer, Author

- Sandy Hinden 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, 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*.

- In 2009, he wrote and published *7 Keys to Love – Opening Love's Door to Joy & Wellbeing.*

- In 2014, he created the *Commonwealth for Earth & Humanity*, proposing annual 10% global military reductions to be used for funding human, social, and Earth's needs.

- Sandy currently works on *Wisocracy* for wise democracy, wisdom, wellbeing, peace, and nature.

Museum of Peacekeeping Operations, Federation of Peace and Accord, the center of Moscow, Russia

The campus of Shenandoah University Winchester Virginia, United States

"Sanford Hinden is a peacemaker. When he first heard about the Pentagon Meditation Club, Sandy saw an opportunity and a need to work on an international transformation project for the Club. Coming forward voluntarily with the outstretched hand of a peacemaker, he demonstrated remarkable commitment and enthusiasm, joyfully spreading information about the Pentagon Meditation Club and ideas for peacemaking.

   Sandy Hinden personifies a vision of the peacemakers sculpted in two identical marble monuments. The Peacemakers Monument project was another undertaking of the PMC. One of those monuments is situated in Moscow, Russia the other one is in the United States on the campus of Shenandoah University in Virginia.

   Sandy Hinden's passion is to contribute to development of organizations, groups, and projects struggling to make a difference and a better world. With his assistance the Club succeeded in expanding its outreach by establishing Peace Makers Institute, Inc. Today he continues to be a reliable adviser for the Club and the Institute, touching our minds and hearts as a loving partner and a true friend."

Edward E. Winchester (1936-2019)
President and Founder
Pentagon Meditation Club and PeaceMakers Institute, Inc.

References
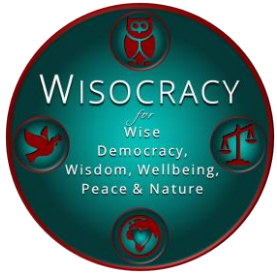
"Sandy's whole-systems thinking is empowering and enlightening. I would recommend any educational materials he creates as of superior value."
Meg Rivers
Senior Production Specialist at HBO / HBO Max

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 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

THEY SHALL BEAT THEIR SWORDS INTO PLOWSHARES. AND THEIR SPEARS INTO PRUNING HOOKS. NATION SHALL NOT LIFT UP SWORD AGAINST NATION. NEITHER SHALL THEY LEARN WAR ANY MORE ISAIAH

We Wish for Peace
A Conversation with Sanford Hinden
for Comprehensive Peace

Personal Peace
Family & Social Peace
Economics for Peace
Peace with Nature
World Peace

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