

Media  
Thinking  
Feelings  
Organizations  
Activities  
Relationships



Discussion  
Goals  
Empowerment  
Wisdom  
Peace  
Wellbeing

If you  
have any  
questions  
or would like  
to schedule a  
consultation  
or a meeting  
you can contact:

Sandy Hinden  
516-815-4978

[Email Me Here](#)





**For Your Support  
& Development**

**Annual \$50  
Payable Here**

## **Weekly Online Meetings**

Check-In  
Feelings & Needs  
What's Going On  
Projects, Goals  
Lessons Learned  
Appreciation

## **Wisdom Circle Guidebook**

Process & Preparation  
Mindfulness  
Values & Needs  
Thinking, Feelings, Behaviors  
Relationships  
Healing Trauma & Heartache  
Moving Forward  
My Daily Inventory

## **Quarterly Workshops**

February  
May  
August  
November



# Wednesday Wisdom Circle

meets each week  
8 pm ET on Zoom

Annual Fee for Our  
**Wednesday Wisdom Circle**

**\$50 Payable Here**

Fee includes  
**Weekly Online Meetings**  
**The Wisdom Circle Guidebook**  
**Quarterly Workshops**





Dear Friend of Earth & Humanity,

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

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

Mad leaders are unleashing deep negative cultural forces via mass media and social media.

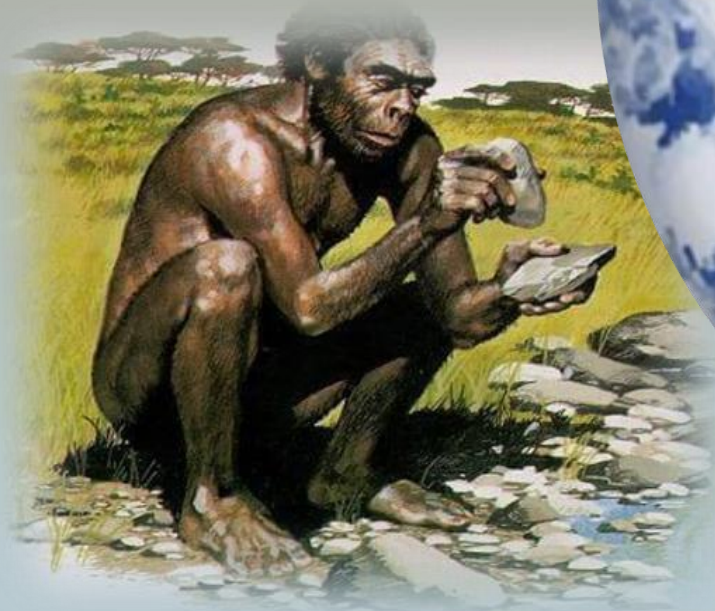
People have become hyper-competitive, egotistic, selfish, greedy, disingenuous, deceptive, game-playing charlatans, political and religious cultists, with 110 conflicts and wars around the world.

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

Wednesday Wisdom Circle can help. I hope you will join us.

Sandy Hinden

Over  
millions of years,  
humans evolved  
technologically,  
but not in  
character and  
wisdom.





# Why We Need to Recover Wisdom

- Most people are not interested in becoming wise.
- Some seek the supernatural, magical, and miraculous.
- We are living in a stressful world filled with political and religious conflict, war, and environmental damage to nature and from nature.
- There is so much harm and pain in the world.
- So many are harmed by others. It causes so much pain for us all.
- So many people are being traumatized.
- The world seems to be deteriorating, and it seems there is nothing we can do to help humanity and the world.
- The world is in a state of mass confusion and frustration.
- People don't know what to do to make things better.
- We depend on politicians who can't even agree to try to find solutions.
- Sometimes, it seems all we can do is have compassion for ourselves and others.
- We may often feel great mental confusion and emotional pain.
- We may turn to behaviors that can become addictive.
- We can get lost for hours in social media, gaming, virtual violence, or pornography.
- We may deny our addiction to food, alcohol, drugs, gambling, travel, shopping, entertainment, car speeding, road rage, or other "experiences".
- We may turn to them to numb our emotional pain from fear, disappointment, frustration, stress, loneliness, regret, envy, anger, or resentment.
- We can waste our time down rabbit holes in search of conspiracies.
- We may fall for deceptions, scams, and con artists.
- We may lack awareness of all this or have tried to change in the past.
- We now seek peace, wisdom, truth, and compassion.



## Identification With:

Job  
Roles  
Positions  
Titles  
Wealth  
Status  
Religion  
Nationality  
Possessions  
Things



## Destructive Behavior

Consumerism  
Competition  
Indifference to others'  
needs and feelings  
Superficiality  
Stubbornness  
Cultism  
Denial  
Addictions  
Destruction of Earth





# Why We Need to Recover Wisdom

## SUPERFICIAL

Enjoy being superficial

Don't care  
about others' wellbeing

Not willing to make an  
effort to learn and become real

## WISE

Care about  
being meaningful and real

Also care about  
others' wellbeing

Willing to make an  
effort to learn and become real

**Relationships**

**Media**

**Activities**

**Thinking**

**Organizations**

**Feelings**



Wellbeing

Discussion

Peace

Goals

Wisdom

Empowerment







# Healing Our Traumas

Most people have experienced trauma  
– a deep hurt – or carry with them stories  
of intergenerational trauma.

We will discuss  
what is weighing heavily on our hearts?

We will look at any traumatic events  
and remnants of those experiences  
in memories and feelings.

We can then practice mindful  
self-compassion and self-kindness to  
heal heartache that keeps calling to  
addictive behavior for comfort.

Finally, free from our trauma and heartache,  
we can live peacefully and move forward.

We are mindful of  
our feelings and needs

# Inner Agitation



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

We are mindful of  
our feelings and needs

# Inner Peace



We practice returning  
to inner peace

Mindful, Wise, Balanced

Peaceful, Serene, Harmonious

Compassionate, Kind

Collaborative, Creative

Healing hurts  
Moving forward

Grateful, Appreciative, Supportive

Mindful self-compassion  
and self-kindness



# Losing Wisdom

## Noisy Agitation

Obsession with sex, money, power,  
status, alcohol, drugs, and more

Daily intensity and addictions

Being distracted, and seeking  
more and more to fill up the void

# Recovering Wisdom



## Making quiet time

Awareness of negative influences

Daily serenity and mindfulness practice

Quietly asking inner wisdom a question  
Quietly listening for an answer



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