

WISE RECOVERY



Returning to
Mindfulness, Serenity, Compassion, Wisdom & Wellness
Each Day

Sandy Hinden



WISE RECOVERY

1	INTRODUCTION & INVITATION
2	IN AN UNWISE, UNHEALTHY WORLD
3	WISE RECOVERY
4	EXPRESSING ANGER CONSTRUCTIVELY & RESOLVING RESENTMENT
5	MY DAILY INVENTORY
6	ABOUT, CONTACT, COACHING, WORKSHOPS



INTRODUCTION & INVITATION



Dear Friend,

I developed Wise Recovery to help myself and others. It draws from many recovery and wellness methods I have practiced and taught over 50 years as a community and global educator of wisdom and wellness.

We are living in a very sick world that feeds human delusions, obsessions, compulsions, addictions, and unhealthy habits.

This program can help you regain inner peace and wellness. You can join me in creating a *Community of Wisdom & Wellness* on the First Friday of each month at 8 PM ET.

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EducationToLiveWell.org

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WISE RECOVERY: RETURN TO WELLNESS EACH DAY



Join [Sandy Hinden](#), global educator and author, for a monthly community gathering dedicated to mindfulness, serenity, and compassion. In a world that often feeds unhealthy habits and stress, this program offers a path back to inner peace and holistic wellbeing.

WHY JOIN US?

[Wise Recovery](#) draws from over 50 years of wisdom and wellness methods to help you navigate life's challenges. Whether you are feeling stressed, overwhelmed, or simply seeking more meaning, this session provides practical tools to help you:

- **Practice Mindful Awareness:** Learn to gently notice your thoughts and emotions without being attached to them.
- **Regulate Your Inner Process:** Transition from a "degrading culture" of ego and competition to an "uplifting culture" of collaboration and kindness.
- **Boost Your Happiness Hormones:** Discover simple, daily activities to naturally increase your dopamine, oxytocin, serotonin, and endorphins.
- **Return to Your Values:** Shift from negative triggers to self-compassion, self-care, and clarity.

EVENT DETAILS

- **When:** The First Friday of each month
- **Time:** 8:00 PM Eastern Time
- **Host:** Sanford "Sandy" Hinden, founder of [Wisocracy.org](#)

RECLAIM YOUR SERENITY AND JOIN OUR COMMUNITY OF WISDOM & WELLNESS

I am Mindful of

The 12 Attachments & Obsessions

that can activate each other and lead to
sadness, shame, anger, resentment, or compulsive behavior:

Food

Money

Power

Media

Beauty

Greed

Politics

Screens

Sex

Luxury

World

Housing

**What has
you hooked
and a negative
hold on you?**

I am
peaceful,
positive,
grateful,
kind to myself,
and happy...



OUR INTENTIONS & ELEVATED EMOTIONS TRANSFORM OUR LIFE



Nervous System Dysregulation	Nervous System Balancing
Racing heart, muscle tension, digestive issues, and shallow breathing	Calm breathing, relaxed muscles, and consistent energy levels
Brain fog, difficulty concentrating, and persistent racing thoughts	Mental clarity, improved focus, and the ability to stay present
Imagination hijacked and captured by sex, beauty, money, power, status, luxury	Mindful self-regulation of one's own imagination
Overstimulation of the senses: sight, sound, taste, smell, touch	Disconnecting from overstimulation
Emotional addiction to negativity and trauma storytelling	Accepting one's trauma and elevating one's emotions
Dopamine addiction numbs the pain and returns to a familiar state	Dopamine balancing and normalizing

OUR PROCESS

1. Humans were far apart for a thousand years, with little communication.
2. Life was always filled with difficulty, some boredom, and loneliness, and people often turned to addictions to ease their pain.
3. Now they have the internet to communicate, but don't communicate more meaningfully.
4. Our needs for meaningful friendship, positive alliances, support for our work, and creative participation to improve the world are often not met.
5. We can now become addicted to digital screens, negative and sexual media, and checking for texts, email, and news.
6. We can communicate about our real feelings, needs, and aspirations.
7. Mindfulness is the key to our awakening to all this and wellbeing.
8. We can pause every hour to practice mindfulness.
9. Mindfulness can calm our feelings and mind, and lower our blood pressure and excess weight caused by stress and cortisol.
10. We can improve our lives with Positive Energy, Serenity, Simplicity, and Serendipity.



WISE RECOVERY

Positive Energy 30-Day Inner-Retreat Program

No Negative Media

Serenity, Simplicity, Serendipity

Mindfulness, Compassion, Wisdom & Wellness

Each Day

Wednesday Check-In, 8 PM, ET

[You Can Register Here](#)



IN AN UNWISE,
UNHEALTHY
WORLD

When I feel:	I return to:
Stressed	Serenity, peace
Angry	Patience, journaling
Lonely	Self-kindness
Bored	Self-care
Tired	Rest, meditation
Frustrated	Self-compassion
Rejected, unappreciated	Self-appreciation
Less than	Self-value
Delusional	Clarity

**H u m a n s
O n e**

**I n t e n s e
D e g r a d i n g
C u l t u r e**

INNER PROCESS

**Unaware
of the Process**

**Hanging out
in Brain-Hack
Manipulation
Zones**

Brain-Hacked

**Imagination
run wild**

PEOPLE

Self-centered

Superficial

Egotistical

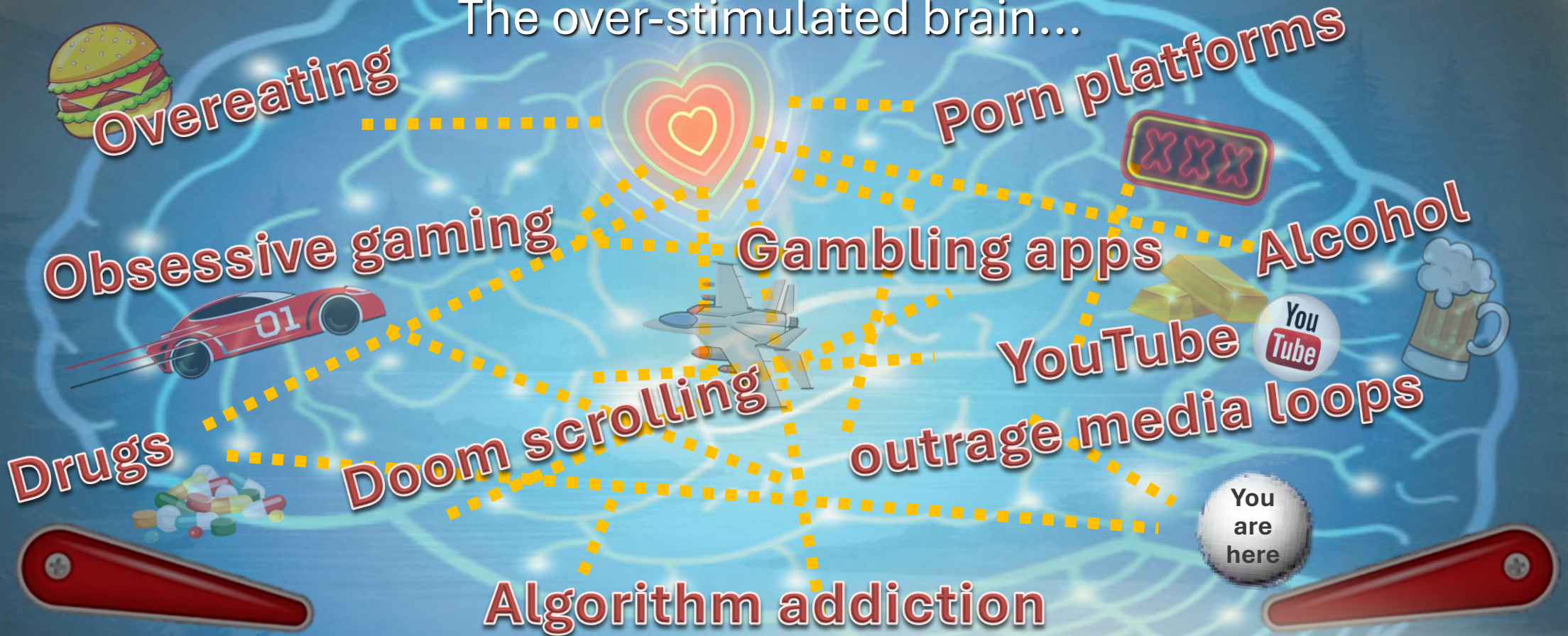
Arrogant

Selfish

Competitive

The Pinball Machine of the Brain

The over-stimulated brain...



👉 When attention is constantly captured, it becomes harder to choose wisely

Pause = nervous system regulation

Awareness = prefrontal cortex activation

Choose = agency

The Pattern

1. ⚠️ The Escape Pattern

When life feels:

- Sad
- Lonely
- Overwhelming
- Angry
- Empty
- Full of comparison, envy or resentment

👉 The brain looks for relief

2. 🔄 The Escape Behaviors

- Drugs / Alcohol
 - Violence
 - Porn
 - Gaming
 - Betting
 - Shopping
 - Car speeding
 - Phone checking
- 👉 Different behaviors
- 👉 Same purpose:
Avoid feelings or shut off thinking

🔄 The Loop



⚠️ What Happens Over Time

- You need **more intensity** to feel OK
- You **lose track of time**
- Real life feels **harder**
- Escape becomes a **habit... then a trap**

💡 The Truth

These are
not different problems.
*They are different ways of
escaping the same feelings.*

🧭 The Turning Question

“What am I
trying not to feel?”

❤️ Remember

Needing escape is not failure.

It's a signal that something real needs attention.



WISE
RECOVERY

**H u m a n s
T w o**

Uplifting Culture

INNER PROCESS

**Mindful Awareness
of thoughts, feelings,
bodily sensations,
and what is going on
around you, with
non-attachment to them**

**Self-regulation
of Imagination**

**Steering clear
of Manipulation,
Brain-Hack Zones**

PEOPLE

**Self-care and
interested in others**

**Depth, meaning,
purpose, wisdom**

Kind, generous

**Collaborative,
cocreative**

**May be part of
a collaborative
partnership or
alliance**

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 Awareness

Thoughts

Emotions, Feelings

Body Sensations

Environment



How Sexual Mistakes Occur

Sexual attraction or romance

can trigger a high dose of Dopamine and Cortisol to elevate the possibility of sexual behavior.

This causes a decrease Serotonin, which usually helps regulate mood and higher thinking involved in everyday activities.

Do Something to Increase Your Balance & Happiness Hormones

DOPAMINE

THE REWARD HORMONE

- Complete a task
- Do self-care activities
- Eat protein
- Celebrate little wins
- Listen to peaceful music

OXYTOCIN

THE LOVE HORMONE

- Play with a dog or cat
- Play with a baby
- Hold hands
- Imagine or hug family or friends
- Give a compliment

SEROTONIN

THE MOOD STABILIZER

- Meditate
- Run
- Sun exposure
- Walk in nature
- Swim, cycle

ENDORPHINS

THE PAIN KILLER

- Smile, laugh
- Exercise
- Essential oils or a candle
- Watch a comedy
- Dark chocolate

No Loop Protocol for Wellness

Illusion, Delusion, Compulsion,
Addiction Economy about
Sex, Money, Status, Luxury,
Power, Violence and War
that stimulates
Urges → Emotion Spikes
→ Thought Loops →
Addictive Responses

Negativity Attack

Unregulated humans inside
manipulative systems
→ getting stuck in
feeling & thought loops

This is:

- what happens when you get hooked or overwhelmed
- the moment before relapse
- what happens in conflict escalation
- how populations get captured

**External
Stimuli**

Pause → Breathe → Choose

**Interrupt
the Loop**

**Internal
Stimuli**

Addictive Brain Looping
Lose rationality → Lose track of time
→ Bingeing

BEFORE or DURING
Conscious interruption
Face Wash with Cold Water
Breathing
Walking
Mindfulness Journaling
Meditation

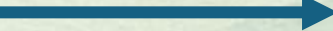
AFTER
Compassionate reset
Self-compassion
Self-forgiveness
Self-gentleness
Self-kindness
**Take care of
your feelings and needs**
Relax, Renew, Refresh, Restart
Awareness returns
Prefrontal function comes back
Choice becomes possible

Attention Capture Economy

Brain Rot Culture

**Attention
Captured**

**Brain Rot Image
Low-Quality Idea**



**Imagination Self-Regulation Practice
Brain Warning Signals**

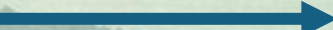


Brain Shift



Mindfulness

**Higher-Quality
Images & Thoughts**



Emotions & Recovery Principles



- 1. Life events or everyday hassles** can trigger negative emotions, leading you to unhealthy habits.
- 2. You may then feel** stressed, overstimulated, angry, scared, bored, lonely, tired, frustrated, rejected, less than, or even delusional.
- 3. Emotional compulsions occur** to feel better when you are upset and out of balance and wellbeing.
- 4. Emotional compulsions** disrupt your wellness practice and living well.

Wellness & Wellbeing

peacefulness, positivity

serenity, simplicity

compassion, kindness

gratitude, appreciation

friendliness, fun

wisdom, wellness

harmony, happiness

<p>Serenity Peace, Calm</p>	<p>Balance Harmony</p>	<p>Meditation Mindfulness Clarity</p>	<p>Self-Compassion Compassion Empathy</p>
<p>Humility</p>	 <p>What quality do I need? What would be helpful? What would I like?</p>		<p>Gratitude Appreciation</p>
<p>Access Inner-Wisdom</p>			<p>Gentleness Simplicity Grace</p>
<p>Creativity Serendipity</p>	<p>Healthy Fun</p>	<p>Self-Warmth Self-Kindness Friendliness</p>	<p>Positive Happiness</p>

The 7 Process Daily Program

1) Meditation

9 AM, 12 PM, 3 PM ⇒ 5 minutes

9:05 PM ⇒ 20 minutes

2) Only 5 minutes of news

3) No negative media

4) Go to sleep early

9:30 PM













5) Journaling when needed

6) Read Recovery Program on Wisocracy.org

7) Daily Inventory

9 PM ⇒ 5 minutes

12 Affirmations of Wise Recovery

-  I am grateful for life and my blessings.
-  *Good humor and gentle happiness make my life enjoyable.*
-  I am humble and appreciative.
-  *I meditate every day to cultivate mindfulness, serenity, compassion, wisdom, and wellness.*
-  Serenity and grace bring wisdom to me to understand what to say and do.
-  *I stay away from negative media as much as possible.*
-  I stop checking my phone an hour before bed.
-  *I try to go to sleep early enough to get a full night's rest.*
-  If I slip up, I return to my daily program, with self-forgiveness, self-compassion, self-kindness, and self-care.
-  *I take care of my feelings and needs each day.*
-  My wellbeing is a lifelong process of daily mindful awareness.
-  *If I am kind to myself now, I would _____.*

8 Stages of Recovery & Self-Improvement

1	IDEA	Every change starts as a thought. A question, a frustration, a possibility. Without this spark, nothing begins. But most ideas die here because they stay abstract.
2	AWARENESS	The idea becomes conscious. You start noticing evidence everywhere. You see the gap between where you are and where you could be. Awareness turns a passing thought into something you can't ignore.
3	BELIEF	You start to believe improvement is actually possible for you. Not just theoretically, but personally. Without this shift, you sabotage yourself before you start. Belief is the bridge between knowing and doing.
4	DECISION	A real decision cuts off other options. It's not "I'll try" but "I will." Most people never make a true decision; they make preferences. Decisions create commitment.
5	ACTION	This is where most advances start, but it's actually the middle of the process. Action without the earlier stages doesn't last. Action with them has momentum behind it.
6	CONSISTENCY	One action means nothing. Repeated action builds evidence that you're someone who does this now. Consistency is where identity starts to shift, and results begin to add up.
7	IDENTITY	You stop doing the new behavior because you have to. You do it because it's who you are. This is the tipping point. Change becomes effortless when it's part of your new self-image.
8	TRANSFORMATION	The change is now visible to everyone. It's embedded in how you operate, your teamwork, and how your business or life runs. What started as a small idea has rippled outward into lasting impact.

1) External Pressures & Stressors (Name the Reality)

Write honestly, without judgment. What is happening *outside you*?

I am not gaining any audience for my work...

2) Self-Regulation Tools (Restore Your Inner Stability)

Choose tools that bring your nervous system back to center so you're thinking from the **prefrontal cortex** rather than overwhelm.

Relaxation breath Exhale twice as long as inhale	Name the feeling fear, sadness, disappointment, helplessness	Say one grounding truth I can face this with clarity	Self-esteem affirmation My value is not dependent on this crisis	Compassion anchor People are acting from fear and tribal wounds	Limit exposure Cut media consumption by 30–50%	Reconnect with your purpose Wisocracy, healing, coherence
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3) Relational Tools (Staying Connected Without Collapse)

These are tools for navigating conversations, relationships, and family dynamics — especially when others are trapped in fear or rigidity.

Respectful curiosity, not debate Help me understand what this gives you?	Healthy boundaries We may disagree, but I want our relationship to stay intact	Common ground finding safety, jobs, children, peace	Speak from the wound, not the argument I feel sad watching us become this divided	Refuse outrage bait Step out of the polarization machine	Validate the human need beneath their belief belonging, certainty, moral clarity
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4) System Strategy (What Is the Wise Action?)

Here you step into systems thinking — not reacting but designing.

Ask: *Given this dysfunctional environment, what is one wise step I can take?*

I do have 5 other collaborators.... I can work with them and see what shows up...



EXPRESSING ANGER
CONSTRUCTIVELY
& RESOLVING
RESENTMENT

Expressing Anger Constructively

Anger is a valuable signal, not a feeling to be suppressed. Instead of expressing anger through blame or judgment, you can pause, breathe, identify the unmet need behind the anger (e.g., safety, respect), and express that need directly to connect with others without causing harm.

1. Stop and Breathe

When feeling anger, avoid speaking immediately. Acknowledge the sensation in your body (tension, heat) to avoid losing control.

2. Identify Judgmental Thoughts

Notice the "shoulds" and "shouldn'ts" in your head (e.g., "He shouldn't have done that").

3. Connect with Your Needs

Shift from focusing on what is "wrong" with others to what you are needing but not getting, in that moment.

4. Express Feelings and Needs

Communicate using the formula:
"I feel [emotion] because I need [value/need]".

Expressing Anger Constructively

Key Principles for Handling Anger

1. Stimulus vs. Cause

Recognize that someone else's action is the *stimulus* for your anger, but your own evaluation/need is the *cause*.

2. Move from "Should" to "Need"

Instead of thinking "I am angry because they...", change it to "I am angry because I am needing..."

3. Avoid Retaliation

Avoid blaming and shaming, as these lead to defensiveness rather than meeting your needs.

4. Use Anger as a Signal

Anger indicates a threat to a value or an unmet need, acting as a warning light to help you take constructive action.

For example, instead of saying, "You are inconsiderate," you might say, "When you did X, I felt hurt because I need consideration".

Resolving Resentment

Resolving past resentment involves shifting from judging to identifying your own unmet needs, facilitating self-empathy, and mourning losses. By focusing on present feelings, connecting with underlying needs, and releasing the need to blame, you can transform resentment into compassionate understanding or acceptance.

1. Separate Stimulus from Cause

Recognize that past actions (stimulus) did not cause your pain; your interpretation and unmet needs (cause) did.

2. Identify Unmet Needs

Shift attention from what is wrong with the past or others to what you needed but didn't get (e.g., respect, safety, understanding).

3. Practice Self-Empathy/Mourning

Allow yourself to feel the sadness of those unmet needs rather than holding onto anger. This transforms resentment into acceptance.

4. Connect with Empathy

Attempt to understand what happened that your needs were not met, or the needs of others you feel resentment toward, without necessarily condoning their actions.

5. Draft a "Virtual" Request

Clearly state what you would have wanted, even if the person is not present.

Resolving Resentment

This process for dealing with past hurts can help us transition from resentment to empowerment by acknowledging our feelings and current needs.

1. Identify the Specific Memory

Focus on a concrete observation of what happened rather than a general evaluation

2. Acknowledge Your Feelings

Own feelings like sadness, fear, or frustration.
Find the root need:
"I felt [feeling] because I needed [need]"

3. Mourn

Celebrate that you had that need by fully feeling the sadness that it went unmet.

4. Release

Consciously decide to shift from judging the past or person to understanding the limitations at the time.



MY
DAILY
INVENTORY

Where Am I?

NEGATIVITY

OVERWORK
OVERLOAD
OVERWHELM
OVERDO
OBSESSIONS
Media Mind Control
Hyper-Competition, Comparing
Excess Sex, Money, Power
Possessions, Status
Intensity, Chaos, Drama
Anger, Resentment
Hate, Conflict
Violence

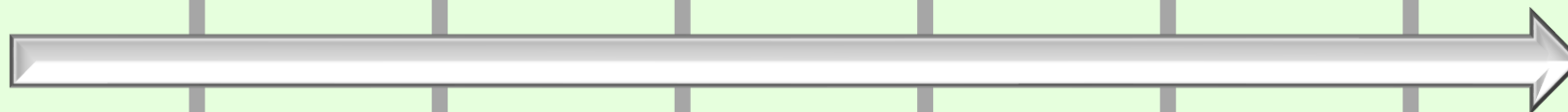
ADDICTIONS

Excess
USING
PROCESSES
OR SUBSTANCES
to numb the pain of
Mind
Emotions
Body

WELLNESS

SERENITY
SIMPLICITY
SERENDIPITY
HARMONY
BALANCE
Mindfulness
Meditation
Self-Forgiveness
Self-Compassion
Self-Kindness
Self-Appreciation
Inner Wisdom
Gratitude

Getting
Lost



Doing
Well

My Self Inventory

Escape Pattern Check

Be honest. No judgment.

Do these feel true?

- I use something to **avoid how I feel**
- I use something to **shut off my thinking**
- I need **more intensity over time** to feel OK
- I **lose track of time** when I'm doing it
- I feel **worse after**, but still go back

My Main Escape

Check any that apply.




- Drugs / Alcohol
- Violence / Anger
- Porn
- Gaming
- Betting
- Shopping
- Car speeding
- Phone checking

What's Underneath?

Check what fits.

- Sadness
- Loneliness
- Overwhelm
- Comparison / envy
- Anger / resentment
- Negative thinking
- Disconnection
- Unhealthy friends
- Lack of healthy activities
- Lack of mentoring
- Lack of purpose or goals

Where Am I?

-  Mostly okay
-  Slipping
-  Stuck in the pattern

One Small Step

What is one thing I could do instead of escaping?

Support

Who is one person I could talk to?

Remember

You are not the problem.

The pattern is the problem. And patterns can change.

My Daily Inventory

What happened yesterday, today? What did I do?	
How did I feel, or do I feel now?	
What did I need? What do I need now or soon?	
Did I take action in the direction of my goals/values?	
Did I take care of my feelings and needs?	
Did I follow my program?	
Was I mindful?	
Did I meditate?	
What didn't go well?	
Did I do anything unhealthy or not in my best interest?	
Did I cause any harm to anyone?	
Do I need to make amends or admit I was wrong?	
Did I help anyone?	
Did I do anything I can feel proud of or happy about?	

Positive Energy 30-Day Inner-Retreat Program

Day	Date	What Happened Yesterday / What's Happening Today
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

Positive Energy 30-Day Inner-Retreat Program

Day	Date	What Happened Yesterday / What's Happening Today
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		

My Daily Inventory

	1	2	3	4	5	6	7	8	9	10	
N e g a t i v e											P o s i t i v e

	1	2	3	4	5	6	7	8	9	10	
S t r e s s e d											P e a c e f u l

1. Each day, as part of your self-care practice, assess where you are in terms of positivity and peace.
2. When you are more stressed and negative, your addictions and unhealthy habits may be triggered.
3. Each day, gently give yourself self-forgiveness, self-compassion, self-kindness, and self-care.
4. Return to taking care of your feelings and needs, and take action in the direction of your values and goals.

When I feel:	I return to:
Stressed	Serenity, peace
Angry	Patience, journaling
Lonely	Self-kindness
Bored	Self-care
Tired	Rest, meditation
Frustrated	Self-compassion
Rejected, unappreciated	Self-appreciation
Less than	Self-value
Delusional	Clarity



Moments of Grace



Grace, Harmony, Balance, Healing

Simplicity, Straight-forward

Serenity, Peace

Gratitude, Appreciation

Happiness, Contentment, Satisfaction, Enough

Collaboration, Creativity, Authenticity, Humility

Life's Journey



Illusions



Confusions

Pleasures



Attachments



Excitements

Enjoyments

Distractions

Stresses

Hurts



Unhealthy Habits
Unhealthy Friends

Mistakes
Losses



Excesses
Addictions
Compulsions



Foolishness

Dissatisfactions
Suffering



Comparing
Leads to Despairing

Goals



Frustrations

Simplicity



Life's Lessons
Learned



Self-Reflection



Appreciation
Gratitude

Peace
Serenity



Wisdom
Gained



Healthy Habits & Friends
Wellness



Self-Forgiveness
Self-Compassion



Method	Effect	Transformation	Stabilization	Return Cycle
<p>Withdraw your attention from external grasping and turn it inward toward awareness itself</p>	<p>When Attention Gathers, Inner Light Appears</p>	<p>This Practice Slowly Heals the Personality</p>	<p>Turn Awareness Inward and Rest in the Center</p>	<p>Return to Awareness, Balance & Harmony Each Day</p>
<p>This can be done through:</p> <ul style="list-style-type: none"> • quiet sitting • relaxed breathing • observing the mind instead of chasing thoughts • staying centered in the body • returning attention to its source <p>When attention returns home, the mind becomes clear and bright.</p>	<p>Not literal light — psychological clarity.</p> <p>Light represents:</p> <ul style="list-style-type: none"> • unified awareness • energy collected at the center • a stable, calm, harmonious mind • the birth of inner wisdom <p>The mind blooming into coherence.</p> <p>It is not mystical — it is a psychological transformation.</p>	<p>By sitting in this unified awareness:</p> <ul style="list-style-type: none"> • emotional reactivity decreases • compulsions loosen • ego-driven fears soften • intuition increases • the sense of separateness dissolves 	<p>When attention gathers, the mind becomes bright and unified</p> <p>This clarity leads to:</p> <ul style="list-style-type: none"> • inner peace • psychological integration • spiritual maturity • a calm nervous system • a unified mind • stable presence • clarity • inner freedom 	<ul style="list-style-type: none"> • When attention stops leaking outward → the system repairs itself. • When the nervous system stops bracing → clarity returns. • When the ego stops grasping → wisdom emerges. <p>It's not a one-time awakening. The path is: forgetting, returning, integrating — a lifelong practice.</p>

Everyday Wisdom Map:

Restoring Balance Between Inner Life, Relationships, and the World

REALM	WHEN COHERENCE IS LOST (SYMPTOMS)	WISDOM PRACTICE (WHAT COHERENCE FEELS LIKE)	SIMPLE DAILY ACTIONS TO RESTORE IT
Personal	Anxiety, overthinking, constant urgency, burnout.	Feeling steady inside. My head, heart, and body are in harmony.	Pause before reacting. Take three deep breaths. Do one thing slowly and with care.
Relational	Pretending, gossip, defensiveness, emotional shutdown.	Getting real with each other. We tell the truth kindly and listen deeply.	Listen longer than you speak. Express one true feeling gently. Ask someone what they need.
Social / Systemic	Division, greed, exploitation, polarization.	Instead of working against each other, things work together. Economy, nature, and people are aligned.	Choose cooperation over competition today. Support one community or environmental action.
Ethical / Moral	Hypocrisy, moral fatigue, self-deception, corruption.	Living by what we know is right. No double standards, no pretending.	Do one honest act that matches your values. Apologize or repair a small harm.
Spiritual / Whole-System	Cynicism, emptiness, addiction, loss of wonder.	Being in tune with life. Acting with a sense of the sacred guiding us.	Notice harmony. Express gratitude aloud. Do something kind without credit.



ABOUT,
CONTACT, COACHING,
WORKSHOPS

Sandy Hinden - Wise Recovery Coaching

1	Habits, Daily Patterns & Routines
2	Feelings, Values
3	Needs, Need Satisfiers
4	Ideas, Media, Activities, Friends as Influences, Cues, Triggers Helpful Healthy Ideas, Media, Activities, Friends
5	Imagination-Fantasy Self-Regulation
6	Intensity-Serenity & Negativity-Positivity Meter
7	Daily Journal, Inventory, Meditation, Exercise, Rest
8	Monthly Helpful Healthy Community Check-In for Accountability & Support

About



Wise
Recovery
Coaching
and
Workshops
are
available

Sandy Hinden is a global educator, systems thinker, and organizational developer dedicated to advancing peace, justice, and stewardship of the Earth.

He has written on personal growth, leadership transformation, and systemic reform, and helped lead global movements in civic education, peacebuilding, and sustainable governance. He worked across five decades and continents, leading transformational programs for UN initiatives, Rotary-related groups, NGOs, educational institutions, and civic organizations.

Sandy developed and facilitated more than 200 interactive sessions, both locally and online, on habit improvement, meditation, meaning and purpose, wellbeing, relationships and communication, empathy, leadership, and community improvement.

His work has focused on helping people connect more deeply with themselves, each other, and the larger world through kindness, wisdom, and dialogue. He authored *The Sovereign Earth Fund & Council* (2026), *Education To Live Well* (2025), *7 Keys to Love* (2009), and founded Wisocracy.org (2022) to foster wise democracy and governance.

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WISE RECOVERY



Returning to
Mindfulness, Serenity, Compassion, Wisdom & Wellness
Each Day

Sandy Hinden