

Understanding & Healing the Greed Affliction

A program to help people
calm their fear, open their heart, enjoy people,
and become connected and one with life.



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Understanding the Greed Affliction

Some people seem to worship money, power and grandiosity. My research and reading show:

- Greed isn't the product of our forebrain's logical deductive cognitive-emotive process.
- The greed impulse originates in the primitive fear center, in the amygdale and related reptilian parts of the brain.
- It is a selfish reactionary pattern of the human mind in the primitive fear center of the brain, when left to its own selfish devices, runs almost constantly in greed mode.
- We do have this reptilian dimension to our decision-making processes - we naturally fear running out of goods and starving to death - it's in our genes.
- But we also have the power to use reason and compassion to override greed.
- Psychologically, greed is an expression of fear - and fear ultimately means our fear of dying.
- Once we consciously accept that we're going to die someday anyway, we can begin to make choices that aren't based on fear and expressed as greed.

The Greed Affliction

1. Fear of not having enough money for survival
2. Possible grandiosity, worship of status
3. Superiority, judgmental, disdain, contempt for most others
4. Disconnection, isolation from the rest of society
5. Selfishness
6. Uncommunicative
7. Unhelpful
8. Uninvolved, indifferent to the plight of others
9. Won't help improve society
10. Heart is walled-off
11. Lack of empathy and compassion
12. Coldness, lack of warmth
13. Unconscious, addictive living

Healing the Greed Affliction

This coaching program helps people with a Greed Affliction calm their fear, open their heart, enjoy people, and become connected and one with life.



Coach, Workshop Facilitator & Program Director

Sanford Hinden is an author, life coach, program leader and facilitator of personal and community change and development. He has worked to help children, youth, parents, families and communities, managing programs in health, human services and education. He is knowledgeable of the programs, principles and practices of *Debtors Anonymous*, *Co-dependents Anonymous* and *Al-Anon*. He is working to develop *Family & Community Media* to help youth, parents and leaders create sustainable families and communities.

Comments

"I recently had the privilege of attending Sanford Hinden's *"Mindfulness, Meditation & Wisdom In 10"* workshop. Sanford's knowledge covers a broad range of topic areas. His presentations are delivered with great insight, passion, and relaxation techniques that are beneficial both personally, and professionally. I learned a great deal about my inner-self, as well as methods of meditation that will allow me to channel positive energy throughout my everyday life. I strongly encourage anyone to attend his workshops." - **Matthew Harris**

"Thanks for a wonderful workshop experience. The conversations, the graphics and the handouts all worked to improve my sense of self and others, as we better learn how to communicate with peace and love in our hearts. The model of Parent-Adult-Child process is one I have experience with. Your synopsis was well taken, as is the notion of its importance in developing skill sets for improved personal and interpersonal communication and love." - **Chuck Perretti**

"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."

- **Ron Gross, Co-chair, Seminar on Innovation, Columbia University**