

Ten Ways To Deal With Today's Economic Situation

It is pretty difficult to be untouched by the economic situation in the world today. There are worldwide challenges being faced by just about every business, every person, every industry. It is easy to get swept away by all of this and end up feeling pretty scared and depressed if we allow it to do so.

You or someone you know might have

East West

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A little later on with the help of many friends we were able to open and we learned as we went. We had some great mentors and help from spiritual friends and members of our community and members of the larger communities. Now we have two locations, one in Seattle and one in Bothell. The Bothell store is a great resource for folks in the north end. One of the things people enjoy is that it has a more intimate atmosphere and often reminds people of our original store when it first opened 20 years ago.

For more information about East West Bookshop and the celebrations planned for their 20th year of service check out their website at www.eastwestbookshop.com.

already lost your job or you might be afraid this is going to happen to you. Without minimizing the reality of people in this situation, I would like to offer 10 ideas that can be considered by everyone right now. Perhaps doing some or all of this can reduce stress and fear, allowing people to be in a more balanced, prosperous and hopeful state of mind.

1. Don't believe everything you are being told, especially by the mainstream media. Panic sells better than calm. Fear attracts better than security. Why do people slow down to look at an accident by the side of the road? Human nature seems to be attracted to tragedy and drama so some of the media adds extra hype to get people's attention. "The sky is falling..." Watch or listen to the news with your mind. Be discerning. Check out the facts. Think; don't just feel.

2. When you hear that seven to eight percent of Americans are out of work, remember that 92-93% of us are working. This does not negate the challenges faced by those who have lost their jobs. It does put it into perspective. Remember: what we focus on expands. If you are working, be grateful for that rather than allowing other people's unemployment to scare you.

3. Continue to give. This is not the time to cut back on your tithing or charitable contributions. Many people have stopped giving even though they are not affected

by the slower economy. This only creates more hardship for those who need our help. Give to food banks and other nonprofits that are helping those in need.

4. Keep your money circulating. Spend responsibly, but do spend. This is part of what is creating our problems. People see other people out of work and then quit spending because they are afraid. Because they quit spending, the economy slows and more people lose their jobs.

5. Think cooperation rather than competition. There is healthy, friendly competition and then there is the cutthroat type. This is not the time for the latter since that coupled with large amounts of greed are what got us into this apparent mess. I say apparent because ultimately this is going to make the world a lot stronger and better focused. In all of your dealings, from family to work, think how you can support and help others by relating in a spirit of cooperation. Don't just ask "what's in this for me." Ask, "what's in this for us."

6. Focus on solutions rather than problems. If you find yourself stewing about something, make yourself write down five possible solutions to the issue. This will get your mind out of the rut of negativity and into the one of positivity. If more people would do this, we would find solutions more quickly.

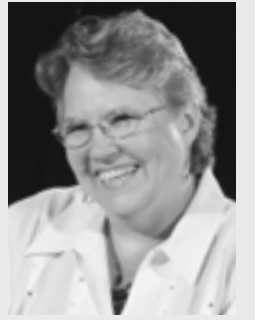
7. Take responsibility for what is happening in your life rather than blaming others. It is easy to say the banks caused this or the democrats or republicans. The truth is we are all in this together and it is part of our evolutionary cycle. Having the mindset of responsibility instead of blame will allow you to find answers to your problems a lot more quickly.

8. Keep your gratitude list going. Add to it often and read it frequently. No matter what is happening in your life or in the world, you always have things you can be grateful for. Writing those down in a gratitude list helps keep you from going down the "Ain't it awful and I will never get out of this" hole. Be thankful for what you have and don't worry about what you don't have.

9. Appreciate your friends and family, spend time with them, and support one

Living The Good Life

by Krysta Gibson



another. This is not the time to isolate. Be sure to add them to your gratitude list.

10. Think big-picture and long-term not little picture and short-term. This is a cycle we are in and we will move out of it. We are being given an opportunity to grow and be creative in new ways at the planetary level as well as the personal one. Keeping your focus on the grand scheme of life rather than the gritty details will help you navigate through the details a lot better.

This is my column so I get to add:

11. Remember to spend quiet time daily. Whether you meditate, do yoga, take walks, or just sit and stare out the window, give yourself the space to be quiet daily. This allows your creative juices to flow, helps you stay focused and grounded, and will help you stay true to yourself in the midst of whatever is going on around you.

Approached properly, this can be one of the most exciting times of our lives and someday we will have great stories to tell about how we survived and thrived during the recession of 2009. Some who are hurting the worst right now will someday say that what is happening to them was the best thing that ever happened! Some are already saying it!

Krysta is publisher of New Spirit Journal and is also author of several books. Her podcasts, blogs, information on books and services are available at www.krystagibson.com.



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14911 Chain Lake Road #431, Monroe, WA 98272
www.newspiritjournal.com
(206) 799-7753 • (425) 356-7237
Publisher and Co-editor: Krysta Gibson
Krysta@newspiritjournal.com
Designer and Co-editor: Rhonda Dickson
Rhonda@newspiritjournal.com

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Columnists:
Colleen Bollen, Krysta Gibson, Jean Haner, Moira Fitzpatrick, Ph.D., N.D., Martha Norwalk

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