

These Are Amazing Times

Last month I wrote about how important it is for us to listen to each other so that we really understand each other's point of view. I heard from quite a few of you who agreed and thanked me for bringing up the topic. And then what happened this last month?

Shouting and screaming at town hall meetings, meetings that were intended to share information and create a dialogue about the healthcare reform bills. Instead, many people were not listening. They were shouting their point of view with tremendous anger. When others tried to speak, they were shouted down. I watched and asked myself: "What's really going on for these people? Why don't they want to listen? Why do they believe other people are lying to them? And why are they so angry?"

I certainly don't have all the answers. I only have my observations and opinions.

We live in uncertain times and many people are just plain scared. They don't feel secure any more. Many structures that used to help people feel supported and safe have dissolved. They feel like life is happening to them rather than their being an active participant and choosing what happens. This makes them prime targets for people

who want to plant seeds of dissension and unrest while promoting their own agenda.

It is unfathomable to me that people are actually saying they don't want everyone in this country to have health care. Yet, I have heard people say this: that they have health care and they don't want to help other people have it too. What? Why wouldn't we want everyone to be healthy and have access to health care? I don't believe people truly feel that way. This is their fear speaking.

Right now it is easy to fall into the place of grabbiness, the place that makes you want to grab everything you can for yourself and let others fend for themselves. This is what happens during crisis. You can see this played out in situations such as Katrina when looters ran into the stores and stole what they could while others around them were suffering and dying. Something very primal gets stirred up when people feel they are in a crisis situation. So, what to do?

First of all, everyone needs to stop and take a breath. Allow the body and mind to slow down and catch up. There is something very calming about breathing and getting some oxygen to the brain cells is very helpful when we feel stressed.

Then we all need to take the time to educate ourselves. It is very difficult to hold an honest opinion about anything if we haven't bothered to learn the facts for ourselves. This means reading documents, listening directly to the people involved, and forming



our opinions on facts. It doesn't mean getting our information second or third hand and then just jumping on someone else's bandwagon.

This is also a time when we are being asked to step out of our me-me world and to join the larger world. No longer will it work for us to focus only on our own selfish needs and desires and ignore the rest of the planet. That might have worked in the past but technology has made our world very small. We affect one another in ways we didn't before.

Recognize that we are in an evolutionary cycle. As human beings, we are evolving and we are being asked to step into our own greatness. Some people are being dragged into the future. Wouldn't you rather walk? We can ignore the realities facing us and pretend nothing is changing. Maybe it will go away? No, sorry. It won't.

There has never been a better time to find our own center and live from that place. Living from our own center means spending time learning who we are and why we are here. Once we know that, daily life flows and we find decisions to be simpler. We tend to be less affected by the temporary pulls and strains of life. We certainly find it easier to stay our own course and are

not easily swayed by the opinions of others. Meditation, journaling, chanting, quiet walks; each of these can help us find our center and can help us stay there. From that place of center we will know what role we are to play in this amazing drama unfolding all around us. Some of us will join the public political scene, others will become teachers or write books and others will focus on raising their families to be productive members of society. Everyone has their place. The key is to be in touch with what ours is and to live it.

The next few months will be very interesting as we see this healthcare issue continue to unfold and resolve. Let's remember to stay focused, educate ourselves before speaking or engaging others, and to remain centered and true to ourselves and to the planetary family of which we are members.

I can hardly wait until all of this has been resolved since it will make terrific reading in the history books. I really feel as if I am reading a novel and wonder how it will all turn out.

Krysta is publisher of New Spirit Journal and is the author of several books and CDs. She also offers business and personal consulting. Learn more at her website www.krystagibson.com. She will be on the Conscious Talk radio program Thursday, Sept. 17, 7-8 a.m. on KKNW radio, 1150 AM or streaming live at www.conscioustalk.net.

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Letter to the Editor

Healing the Either / Or Divide

Dear Editor:

I so enjoyed your editorial in the August issue. To find another practitioner who understands that we need to heal the either/or divide that is so much a part of our culture. I wanted to share a story with you. During the Katrina crisis, a former faculty colleague and I were having tea. She made a comment about the direction of the hurricane as divine vengeance on Texas oil barons. This is a good woman who would have been appalled if she

heard someone say, for example, that AIDS was God's way of punishing gay people.

Her comment inspired me to ask: "So you are saying that self-lefteousness is more acceptable than self-righteousness?"

Thought you might like that story. Thanks for your article.

Edree Allen-Agbro
Seattle, Wash.

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