

ABC Feelings "newsE-letter"

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We've been silent for a few months, but we've not been without our thoughts of all of you and the condition of the world. So much has occurred since the first of the year; but it boils down to one focus for us--peace and how to obtain it, both personally and globally. We talked about peace in December in our newsletter and so many others have as well; but it seems we still hover on the brink of potential disaster, as our nation contemplates war as a solution. Yet, there will be no war that is isolated in scope. This looming war or any other WILL impact all of us in ways we cannot imagine.

So. . .what can we do about it?

"We must be the change we wish to see." M.K. Gandhi

What does it mean to 'be' the change we wish to see? It means taking personal responsibility for the world we live in through our willingness and commitment to personal change--first our thinking, followed by our constructive actions. Only then will we see a demonstration of peace. And, it is one world. We are all sharing this sphere we call earth. Each thought and action we take impacts all else. So, if we're sending out conflict, that is what we'll witness in our world. If, on the other hand, we discover personal peace, that is what we will begin to see in others and in the world.

We tend not to think that our everyday moments are contributing to our entire life experience and the experience of those near and far; but what if we knew that the argument we had over breakfast was felt across the country. . .across the world? What if the thoughts you have in the boardroom this afternoon end up crashing around in another country or across town?

What if your bad hair day isn't just yours?

We've all experienced how one bad mood or cranky act can change a day. What we're experiencing now is the combined effect of a collective of bad moods and aggressive acts. Let's change our minds about that, ok?

You might think you have to run out and join a peace group, a fellowship, a church, an organization, pass out pamphlets or make phone calls. Well, no, you don't. However, if you feel you want to do any of the above, do it. It tends to be true that birds of a feather do indeed flock together; and there is a lot to be said about working together to help hold your focus on task and intensify efforts.

However, if on Saturday you're mailing peace letters, and by Tuesday you're finding fault with your neighbor--time to look within.

I like to believe that people in the long run are going to do more to promote peace than our governments. Indeed, I think that people want peace so much that one of these days governments had better get out of the way and let them have it.
Dwight D. Eisenhower (1890 - 1969)

M.K. Gandhi & Martin Luther King--A Season for Nonviolence 5th Year

Established in 1998, on January 30th, A Season for Nonviolence has continued to embrace the nonviolent approaches of both Dr. King and M.K. Gandhi.

" Our objective each year has been to create an awareness of nonviolent principles and practice as a powerful way to heal, transform, and empower our lives and communities. . ." From January-April there are 64-days of gatherings and events that support this project on the local level. Please follow this link if you would like to learn more about A Season for Nonviolence.

<http://www.gandhiinstitute.org/snvgenrep02.html>

Following are seven words one focus group (at least) is using from February 23 through March 1, in relationship to A Season for Nonviolence. Each of them serve as an excellent starting point to begin to "be the change we wish to see". We can experience peace and change the world we live in without even leaving our homes.

Friendliness-how do you treat the people in your immediate life? How about those you talk with on the phone or meet in the street or at the store? How we treat others sheds a light on how we view ourselves--our lives, and an equally bright light on how we might be being treated by others. We generally don't approach a dog who has already bitten us once, and the same is true of snapping humans. If you want to begin to have an immediate experience of personal peace, try approaching each person you encounter with friendliness.

Respect- Respect means to: feel or show regard for; to avoid violation of or interference with; to relate or refer to; a willingness to show consideration or appreciation...etc. What does respect mean to you or to your children? Who do you respect and why? Are your children respectful to you, their peers or their teachers? Why or why not? Can you think of anyone in your life that is truly undeserving of respect? Again, as we send a message of disregard into the world, we tend to live with the results--personally and globally. Where is 'war' in conflict with the concept 'respect,' based on the above definition? (hint: 2nd sentence of the definition beginning with the word interference)

Generosity: noble and forbearing in thought or behavior; liberal in giving or sharing; marked by bounteous giving; marked by abundance...A Course in Miracles tells us that in order to have all, we must give all to all. Do you find resistance in yourself when you hear that? Many of us believe that if we are too generous we'll go broke and that it's one thing to give to your own family, but quite another to give to a stranger. In fact, some have put that to the test and discovered just the opposite. They discovered that their lives were filled with such abundance they were overwhelmed. What holds us back from being generous of our time, our money, etc.? Note that even in the definition of generosity, it is indicated that the generous are 'marked by abundance'. In what ways could we show generosity to others on the planet?

Listening--The primary meaning of 'to listen' is to pay attention to. Have you ever experienced not being listened to--not being heard? Have you been accused of not paying attention to those you are with, of not being fully present? True listening is a skill almost everyone on the planet could improve on a bit. Children frequently feel they are not being heard and often they think it is because

they are smaller than adults ...hmmmm. It might serve each of us to become more conscious when we're with others, to become more present, and give each person in our lives generosity of our time by showing respect through listening!

Forgiveness. Forgiveness is a particularly interesting concept. Literally, it means: to excuse for a fault or offense; to renounce anger or resentment against; to absolve from payment of... No matter which spiritual path you follow, you will discover a key teaching of that path is about forgiveness. How do you feel about forgiveness? Have you truly forgiven if you haven't forgotten? Can you think you've forgiven only to have it crop back up again at another time? I tend to believe forgiveness is about perspective. Once we have been willing to set our own perspective straight, forgiveness is something we can give ourselves. . . What do you think?

Amends: reparation for insult, injury, or loss: recompense (to make amends). Making amends for insult, loss or injury to another requires the ability to take personal responsibility for our actions. Some have no problem with making amends at all, while others continue to seek outside themselves for the source of all error. Here is fear again, and as long as we can't accept responsibility for the role we played in each given scenario, we will be denied peace. Children are very interesting to watch as they learn about personal responsibility and making amends to others. If they are encouraged to do so, and if they are given positive feedback for their willingness to step forward and 'own' their actions, they will tend to be better equipped to make amends in the future.

Praising: the meaning of praise ranges from warm approval to full adoration. In any event, it's a good thing! Have you told anyone lately how wonderful they are--that they make a difference in your life? How long has it been since anyone praised you? Were you raised with praise? Children raised with praise tend to find it easier, more natural, to praise others.

If you want to make peace, you don't talk to your friends. You talk to your enemies.

Moshe Dayan (1915 - 1981)

Your enemies can offer you your greatest gift of growth if you'll grant them the privilege

Thoughts on Resistance v Non-Violence

Resistance occurs whenever we're not experiencing peace--whenever we're not acceptant or tolerant of the way things are; and, as long as we continue to live in the experience of unresolved issues or thoughts, they will continue. They don't just go away. Some enlightened being out there coined the phrase, "What we resist, persists." It is so true!

Do you have resistance in your life? Why not visit each area of your life where peace is absent, to discover, uncover and release that which does not serve you. Try asking yourself how you really feel about the resisted circumstances of your life. Resistance is often the result of simply believing something is true that isn't, resisting the way things really are...

Symptoms of resistance: illness, greed, defense, projection, control issues, anger, . fear, jealousy, cynicism, criticism, sarcasm....

Eckhart Tolle, author of The Power of Now says, When you live your life in complete acceptance of what is, that is the end of all drama in your life."

The end of all personal drama will mean the end of all global drama!

Peace & Justice Websites

Click on the following link for an outstanding list of peace & justice websites!

<http://www.nonviolence.org/commentary/148.php>

Essays Regarding Peace

Peace and how to get there from here is a topic about which many have an opinion. The following link will take you to numerous essays that examine perspectives, philosophies, etc. around peace.

<http://www.nonviolence.org/issues/index.htm>

A Most Recent Article by Gandhi's Grandson, Arun Gandhi

"Nonviolence, A Way of Life" can be read on the following site"

<http://www.gandhiinstitute.org>

Following is a letter shared by Joan Bramsch of Empowered Parenting at empoweredparenting@earthlink.net Written by Christiane Northrup, M.D. She makes some very important points about fear and health, and offers some hints to keep us on track.

Dear Friends,

The fear and anxiety caused by the possibility of war are the biggest health challenges we face right now. As a physician, I know full well that emotions such as fear and anger impede the healing process and, if held long enough, actually lock us into a vicious cycle that produces more pain, more fear, and more anxiety. This can wreak havoc on our minds, bodies, and spirits. But this doesn't have to be the case.

There are very specific things each of us can do right now to help prevent war and at the same time create peace in our bodies, minds, and spirits. I was strongly reminded of this week. Both of my daughters called from their respective colleges with concerns and worries about what they've heard on the news about a possible terrorist attack. One wanted to know what I thought about stockpiling cash, water, and canned goods. Her roommate's mother had sent them warnings. The other daughter wanted to know if I thought it was safe for her to go to NYC this weekend. I told them to go about their lives as usual, while paying attention to their inner guidance. I reassured them that they each had access to guidance from within that would lead them in the right direction if they paid attention. I also gave them a way to think about the current global situation that leads to healing and peace, not further conflict, and shared with them my unshakable belief that each of us has the power, through our thoughts and emotions, to influence the energy of the planet in a way that helps prevent further conflict and also creates peace. Here's what you can do.

1. Use your thoughts wisely. Understand their power. Thoughts have a tendency to become their physical equivalent. This is one of the fundamental laws of the universe. Another one is the law of attraction, which states that "like attracts like." Because it is consciousness that creates reality, the kind of consciousness you hold -- your vibration -- actually creates the kind of life you're living.

It's impossible to create peace and harmony if you're pushing up against a war. It's impossible to create peace and harmony if you're condemning George Bush, Dick Cheney, Colin Powell, etc. You don't have to agree with them, but realize that you'll be contributing to the energy that creates war if you assume an "embattled" mentality concerning them. The split in our nation right now about war is actually creating more of the energy of war. It's not possible to "fight" for peace without creating war.

2. To create peace, you have to be peaceful. The only way to stop war is to start from within yourself. You must do personal disarmament. The only way to get and stay peaceful is to concentrate on what brings you peace and resist the downward spiral of negative emotions that blames others for your lack of peace.

Remember, that to which you give your attention expands. Although there is no denying that we're in a perilous and frightening position right now, that doesn't mean we are powerless to change it. But the only way to do so is by changing your thoughts and emotions from those of anger, hatred, and fear to those associated with compassion and peace.

Spend 30 seconds several times a day creating a "virtual" reality of what peace would look and feel like. Imagine that it's a year from now and the economy is flourishing. George Bush is radiantly healthy; the governments of the free world are all cooperating to ensure global harmony and peace. And Saddam and Bin Laden and their influence have disappeared from the planet.

Imagine all our military back home and reunited with their families. Imagine a global village in which all of us can travel freely and joyously and with understanding and acceptance of each other's cultures. When thinking about Iraq or North Korea, imagine the women and children. Send your energy and compassion to them.

IMPORTANT: Don't try to change the men of these countries. In fact, don't even give them any thought lest you energize them. Withdraw your energy from them so that you will no longer be "feeding" them.

Dozens of studies have documented the fact that our thoughts can and do affect others in profound and measurable ways. When a critical mass of individuals (1 percent of the population) was brought together to practice Transcendental Meditation in various areas of the world, for example, there was a measurable decrease in the number of violent crimes, suicides, terrorist attacks, and even international conflicts worldwide.

(Orme-Johnson, et al. (1988). International Peace Project in the Middle East: The effect of the Maharishi technology on the unified field. Journal of Conflict Resolution, vol. 32, (4), pp. 776-812.)

There are also over 180 studies that have documented the positive effect of prayer on everything from other humans to yeast cells.

3. I imagine all the angels and non-physical beings who are working on the other side to protect and uplift all of us. Know that they can only do their work in an atmosphere of compassion, not condemnation. The energy of condemnation will prevent them from connecting with the hearts of those who most need their inspiration and love.

4. Avoid watching the news and reading the newspapers. (JOAN'S NOTE: this goes double for the children. Remember when the little ones kept seeing repeats of the WTC collapse, and they thought that one after another_different_ skyscraper was falling throughout the day?) Headlines are designed to keep you afraid and disempowered so that you will buy more papers or watch more TV. Then you get "hooked" on the news because you're waiting for some official "guidance" that will keep you safe and secure. This simply can't happen, because it's not the way the media is set up. The media is designed to get you riled up, so that you remain tuned in to the "chain of pain." The only lasting safety and security come from the peace that you create within yourself. What's safe for one person will be dangerous for another. Remember all the hundreds of stories from September 11, about the people who were supposed to be at the World Trade Center but, for hundreds of different reasons, simply weren't there that day. Tune in to how you are feeling when you've severed the influence of the mass media. This will give you the guidance you're seeking.

5. Finally, know that when you are tuned into your heart, your Inner Wisdom, and God, then your energy lightens up and your vibration literally changes. You become a beacon of light and peace. You become an up lifter and a peacemaker. There's an old saying, "The rising tide lifts all boats. But it won't raise a stone."

Stop looking at and thinking about the stones. Join me in raising the tide. And remember the words of the great M. K. Gandhi, "When in despair, I remember that all through history the way of truth and love has always won; there have been tyrants and murderers, and for a time they can seem invincible, but in the end they always fall.

Warmly,
Christiane Northrup, M.D.

Christiane Northrup, MD, obstetrician/gynecologist, is internationally known for her visionary, empowering approach to women's health and wellness. As a practicing physician for over 20 years, Dr. Northrup is a leading proponent of medicine and healing that acknowledges the unity of the creating health.

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For any questions, please contact Joan at <mailto:hijoan@JoanBramsSch.com>

We invite you to visit our web site at <http://www.abcfeelings.com>. We believe peace can be achieved by encouraging our children to learn to explore and communicate their feelings from the earliest moment. All of the ABC Feelings products were designed with that process in mind. For questions or comments, please call our office at 800.745.3170 or email us at <mailto:info@abcfeelings.com>.

The end for now.



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