



Are we Powerless or Powerful in these turbulent times?

Elections are looming over the world with stale mates, shady behaviours, disparagement of candidate's personalities. Little to do with the real issues of the day like the Climate crisis. Poverty. Needless wars for the financial gain of the few. Extreme refugee/migrant crisis. Racism. Sexism.

Our political leaders are often portrayed as clowns by the media and some are actual clowns, focussed on their own gratification and self aggrandisement. This extreme version of egotism is like a soul sickness and may be needed to lead us to a new edge where these characters become unacceptable and we demand politicians who visibly care for people. The fact they are elected in the first place signals a soul sickness in the culture too, duped by the false promises of wealth and happiness.

We can feel overwhelmed by it all, or motivated to fight back or completely detach in avoidance. Essentially we can feel pretty **Powerless**.

May be there is another way to look at it....

As within so without....

What if what's happening out there is to do with what's happening inside us? May be this chaos is due to our collective confusion and emotional wounding.

What if enough people with the awareness and the tools to change on the inside have a powerful positive effect on the world?

A definition of Madness is doing the same thing over and over again and expecting different results! And we do that as a culture. As we become aware of this feature in our own behaviour may be we can stop and consider a change to a new behaviour otherwise we'll continue down the same rabbit hole.

On a larger level the madness is playing out. Same old problems, same old behaviour: Political Divisiveness, Racial divides. The 'Them and Us' story continues. The 'like /dislike' discernment model continues ---- Fixing positions more tightly as elections brew is the common behaviour. No shades of grey, which is the evolutionary model, are considered. Despite all reason the 'rigid/ right' wrong model continues and is not a helpful use of our human brilliance.

We need to save the planet and each other. We need to shift from '**Them and Us**' to '**Unity Consciousness**' consideration for all. Ending the Blame and Shame.

The shift to being *Powerful* comes from finding bridges across the divide. Finding compassion. Finding courage to speak and act in alignment with our soul integrity and awareness of our Oneness.



How?

-**Become aware of our own divisive thought patterns and try to change-** See how we are part of the Dividedness. Acknowledge what we are doing on a daily basis—'I like this/ I hate that'; 'I agree with this/ not that'. And how we can get into a tizzy if anything breeches these inner set-points. We can choose to change and stop being governed by these polarities. Note what triggers these inner beliefs and seek healing.

-**Be open to being wrong**....and maybe we are wrong about some things...

-**Be Curious:** take an attitude of why do they think/ behave this way? Allow others some slack, become less judgmental.

- **Listen:** to a different perspective. Gain a new understanding . In so doing we may find a way to reconcile our differences. Being open to different views may inspire new solutions. “I never thought of it that way”. Create ideas that support us all.

- **Take action to instigate change for the betterment of others.** A passion develops to take some risks. Eg Greta Thunberg, a young girl compelled by an inner sense of purpose has created a movement of change. For the rest of us -get more socially and politically active, contact our members of parliament/ senators/governors. Sign petitions, join marches.

-**Use the power of Energetic intention.** As we are all part of one Consciousness we all affect one quantum field of energy. Let’s send the values we desire to our world leaders. Send them Love and Respect and Compassion every day. Particularly Donald Trump, Doug Ford and Boris Johnson.

Signs of Hope There are signs of hope here and there in politics, where politicians step outside party lines for the good of their country and people. In Brexit, cross party allegiances were formed for a brief moment this September when the chips were down but when things weren’t so extreme everyone went back to their old positions on the chess board. However the play continues and I hope for a solution that goes beyond ego mania and personal views. And real heart searching as to why the British people became this polarized?...Why the US electorate became so polarized? Both countries had civil wars in the past, maybe the evolutionary shift is to resolve differences without wars and violence.

This shift is not easy. It can only start with us believing in the need for unity being more important than party politics, individual countries, partisan group and personal self interest. Like the UN idea but given legs politically and structurally. Stemming from each country having the desire for internationalism over nationalism. Really operate as a United Nations.

I wonder if part of the difficulty to change is due to the influence of old fears and resentments and blame that go very deep in our individual and collective psyches.... One way to release these burdens is to offer forgiveness to others. Even if that seems so hard, its about forgiving ourselves too. For giving of Love and understanding to ourselves and others can be very powerful, freeing ourselves from the pain and preoccupation with the past. To be able to go forward with great clarity and purpose to make the world a better place for all. Utopia? Why not?

Please try this Forgiveness meditation to inspire understanding and see soul growth arising from the difficulties.

(D A Articles for NPJ Are we Powerless Oct 2019)

Forgiveness meditation.

<https://youtu.be/evBrelap-FA>