

FEAR. We live with fear. We were born into a planet of fear. We live and breathe fear whether we know it or not. We have already learned to live with fear! This talk could be called 'Learning New Ways of Living with Fear.'!

The Seventh generation Principle is based on an ancient Iroquois philosophy that all decisions and actions we take today must be sustainable for the next 7 generations. In our recent history we have 2 world wars: grandparents and parent who witnessed unspeakable horrors and in many cases couldn't speak of them. Energetically this oozed into the post-war atmosphere. This is what we were born into.

There is also the relatively new theory of inherited trauma. Genetically it is possible that we inherit and access the memories of our ancestors. Add to that the fact of interdependence. We are impacted hugely by events across the globe.

On a physical level we here in Scotland were affected by Chernobyl. Friends of mine were regularly tested for radiation and I believe that up to as recently as 2008 some fields were unfit for producing food.

What about on an emotional level? According to DK, 'Facilities of communication put even the most unimportant en rapport with the tragedies, pains and suffering of his brother thousands of miles away'. Through the TV and other media we have a constant bombardment of the fear and suffering of many nations, many individuals. We live in a world in turmoil. We cannot ignore it. We may also be picking up fear from those around us. We don't know what the person next to us has gone through. Individually each of us suffers some kind of fear. I'm sure here on zoom we could make quite a big list.

DK identifies 4 main causes of fear. 1. Fear of Death 2. Fear of the Future. 3. Fear of Physical Pain. 4. Fear of Failure. I think each has many subcategories.

For me there are 2 types of fear. Fear of survival, which in some cases is sensible when faced with danger as in rock climbing and can be reframed as excitement or some jobs must carry an element of fear.. the police for example. Then there is the fear when faced with man's inhumanity to man., child abuse, violence, slavery, torture... when faced with man's wish to dominate another. How do we reframe that? Or do we accept the existence of evil?

Historically, what is happening now has happened throughout history, plagues:, wars, France against England , England against Scotland, : natural disasters ::, religious persecution, catholic versus protestant, Christian versus Muslim, holy wars.. Poverty and hunger: Exploitation of the poor through the feudal system.: Abuse of women, burned as witches, servants made pregnant and kicked out; Racism, Shakespeares merchant of Venice starkly illustrates anti-Semitism.

What has changed in all this time? Have we evolved?

There is an acceleration on our planet.

We live in a world of racial tension and persecution,  
a world where women are 2<sup>nd</sup> class citizens,  
where black people are treated differently, where we see a black man  
murdered on camera by a black police officer.

We live in a world where policemen are murdered on their job.

We live in a world where children self-harm and commit suicide

We live with boatloads of refugees drowning in our seas.

We live in a country where Catholic and Protestant hate each other,  
where Muslims and Christian hate each other

We live in a world where our boys are sent to war and return with PTSD

We live in a country where the very rich buy houses to leave empty and  
the homeless live on the streets.

We live in a country where rape goes unpunished and victims are afraid  
to report it.

We live in a world where beautiful cities are bombed to rubble and  
innocent civilians killed.

We live in a world where forests burn, where seas invade land, a world of  
deforestation.

A world where children are married to old men, and women are honour  
killed.

We live in a world of war and famine.

We live in a country of division. Scotland wants to leave England.

England wants us all to Brexit.

We live in a world of chaos confusion and conflict. China, Syria, Egypt,  
Ethiopia, Russia.

Our planet is in danger of Extinction. Now.

And we start to rebel.. Courage. Compassion. Action

Me Too. Women speak out of sexual exploitation. No more. We won't  
have it Mr Weinstein, Mr Epstein...

We want equal pay for the same job. Normal no?

Black Lives Matter. We take to the streets. We take down statues  
glorifying those whose lives were built on slavery, exploitation and  
cruelty.

Extinction Rebellion. Arrest me. Cart me off. Save our Planet NOW ,they  
peacefully demonstrate, while silent people in red show us  
the pain of the earth.

And then comes Covid 19. Already we had HIV, bird flu, Sars and now  
covid 19 and all collective individual fears are amplified.. Fear of dying,  
fear of isolation, fear of pain, fear of losing my job, fear of not being able  
to pay my rent, domestic violence, food shortages, my freedom curtailed,

conspiracy theories, it's all a hoax. They want to control the masses. Remember Hitler. People are stuck home alone, unable to go out, to have human contact, fresh air. 'Wear a mask. Report your neighbours.' Crazy world, what are we going to do? Mental Health Crisis. The Economy collapsing. What is the answer? Is there an answer? Sir David Attenborough has told us we are on the way to destroying our planet itself with our fear and our greed. What can we do? What can I do?

We each have to find the answer for ourselves, for our own individual fear and for the collective. Where do we invest our time, our energy, our thought, our money, our actions?

What can we do?

As we meditate and allow soul contact, we access our wisdom. We can join with others in thought and action. Love, kindness, respect for all beings, all species that share our planet.

We care for ourselves with good food, fresh air, time in nature, exercise, friends, family. Can we imagine a world where this is available to all? How can we help this happen?

We zoom, we Skype, we join together as best we can. We keep our thoughts as positive as we can feeding our positive interdependences, the web of Goodwill, the Web of Triangles.

We take care of others, We watch, we listen, we support. We are kind and respectful.

We can ACT as best we can. March. Sign petitions. Donate to those in need. Speak out. We each find our own way to contribute to the solution. We need to Act. 'All fear requires action, even just physical movement to stop it impacting on the body. And in acting, we contribute to the solution.

Others put it more clearly than I do so I'd like to read you some quotes..

John Lewis, a civil rights activist who died in July this year said 'You must do something. Democracy is not a state it is an act..... Voting and participating in the democratic process are key. The vote is the most powerful non-violent change agent you have in a democratic society. '

The Lucis Trust gives us Advice for the Pandemic

1. Meditation and power of thought aid humanity by elevating human consciousness above the fear, uncertainty and powerlessness that has naturally arisen.

2. Love is what casts out fear and Goodwill is love in expression, goodness in human relationships, an environment of love around the world and in our local communities, we aid in casting out fear.

3. Meditation on Goodwill often, daily vitalising etheric immune system and strengthening expression of Goodwill.

My book of the moment is 'Braiding Sweetgrass' by Robin Wall Kimmerer, an expression of ecology and love and wisdom.

There is wisdom in history too.

"Expressing gratitude is a revolutionary idea. Recognising abundance rather than scarcity undermines an economy that thrives by creating unmet desires. "

She talks of school children of the Iroquois nation starting and ending their school week saying the Thanksgiving Address. I'll just read a couple of verses, but it is 17 verses long, each ending with "Now our minds are one"

'Today we have gathered and when we look around us we see that the cycles of life continue. We have been given the duty to live balance and harmony with each other and all living beings. So now let us bring our minds together as one as we give greetings and thanks to each other as People. Now our minds are one.

We are thankful to our Mother the Earth, for she gives us everything that we need for life. She supports our feet as we walk about upon her. It gives us joy that she still continues to care for us, just as she has from the beginning of time. To our Mother, we send thanksgiving, love and respect. Now our mind are one.....'

the following verses greet animals plants birds water fish trees fruit medicine the winds the thunder, the sun, the moon the stars the teachers the creator the great spirit. Each verse ending in 'Now our minds are one...'

If we, our children, were to say this as we begin and end our week, would our world not already be more peaceful, less fearful??

I found this on Facebook from Sabinananda Ananda, an animal communicator.

In the world of form -  
vibration creates  
In the world of form -  
vibration is contagious.

Do you see how this  
is our Saving Grace?

Frequency of consciousness  
creates.  
Frequency of Consciousness  
is contagious.

The collective tipping point  
of Awakened Heart Consciousness is spreading  
Involuntarily drawing all,  
like Moth, into the inner flame of Love.

Creating the New Earth.

Thank you for Being Here  
Thank you for Being the tipping Point'  
Sabinanda Ananda

I've only touched the edges of this vast subject of Learning to Live with Fear. It would seem that we can change the climate of fear by collectively consciously acknowledging and naming the fears and by each doing our individual and group work of meditation and soul contact, by practicing love and kindness and by individually and collectively taking action. Perhaps we can change the course of our history of wars and violence and check and reverse climate change. We can try. We can do our best.

\*\*"For now, this is what you can do- serenity in the storm. Calm down. Pray every day. Establish a routine to meet the sacred every day.

Good things emanate; what you emanate now is the most important thing. And sing, dance. Resist through art, joy faith and love':  
White Eagle, Hopi indigenous

\*\*I didn't have time to read from this at the time, but I'd like to refer you to our Facebook page INEH uk where the entire piece was posted by Barbara Broome on Sept 10<sup>th</sup> 2020

<https://www.facebook.com/groups/116842191699423/permalink/3429301067120169>