

YOU CAN CHOOSE COMPASSION INSTEAD OF STRESS THIS HOLIDAY SEASON

From Deborah DuBoff, Stress Intervention Team

We all know that the holiday season can be very stressful for many reasons. Being centered in compassion and having a deeper purpose decreases stress. Consider what the holidays mean to you at a deep level. This season is about the light and compassion. What are the ways you can be the light in this stressful time? What is your hope for the future? How can you engage in activities and emotions right now that reinforce what you want for the future? Who are the people you can share the holiday with that share your vision?

I know many people who are very hurt and confused by family and friends who will not let them join family activities without getting the shot. It seems that there is no logic that will change their minds. They are following the edicts of Fauci and the fear mongering of the news media. They are not interested in the facts. Their minds and hearts have been manipulated by the abusers who control media.

It is possible that this holiday season will be the beginning of a turning point back to our values and principles as a country. Rejoice in your acknowledgement of the divine and your sadness for those who have lost their way and are embracing fear. Celebrate your choice and have compassion for those who are under the delusion that separation is righteousness. Embracing each other in love and compassion is the way of the light.

SO, WHAT DOES A PERSON DO WHEN SOMEONE IS NOT INTERESTED IN THE FACTS AND IS PUSHING YOU AWAY?

As we have talked about in the *Fear Epidemic Series* <https://ycpt.org/cpt/stress-intervention-team/> many people have been trapped in the fear that has been created by the abusers. Their fears are now woven in to their daily thinking and decision making. Perhaps they have grown comfortable with the idea of needing protection from the unseen virus and believe the virus is the cause of their now restricted life rather than it being caused by the abusers.

Whatever the case, they have lost the sense of heart connection with you and others who are not stuck in the fear. They have been deeply confused by the manipulation and they are not willing to work to find their way out. In that sense they are no longer responding to you as a person. They view you as a perceived threat to their way of thinking. Perhaps if they are truly in fear they believe you are actually a threat to their health. In short they are suffering from a very serious distortion of reality which has been created and perpetuated by the abusers. They are truly victims of crimes.

In that sense it might be helpful for you to consider how you would normally respond to someone who is deeply fearful of something. If you have been a parent you might think about times when your child was afraid of the monster in the closet or lurking in the dark shadows. How did you comfort them and help them in that time of fear? Remember those who embrace the shot believe it is something magical that will prevent harm.

THEY WILL NOT LET YOU TAKE THE MAGIC AWAY FROM THEM. SO WHAT CAN YOU DO?

Here are some things you might say in your own words.

- You can choose to show compassion instead of being defensive. This can diffuse the situation and allow you to stay in your heart which they will feel and be comforted by even though it will likely not change their minds.
- You can acknowledge that you understand that they believe the shot will protect them and that you understand that they believe it is not safe for them to be around people who have not had the shot.
- You can state that you have come to a different conclusion and that you have different ways of protecting your health. You believe your own immune system is powerful enough to fight off a virus and so far it has worked for you.
- You can also tell them that you have seen disturbing facts that lead you to believe the shots are very dangerous and that you hope that they will come to no harm for taking the shot.
- You can acknowledge the pain and sadness that you feel for being excluded based on having a different belief about how to stay well. You can acknowledge that you have no desire to harm them or to create fear or discomfort for them.
- You can comment that you will honor their wishes, but you are confused about why this particular shot is different from all other cases of flu shots when there was not an issue about who attended family gatherings whether they had a flu shot or not.
- Wish your family well and avoid more confrontation. Let them know that you hope they have a joyful celebration and that you will do something else instead.

HAVING COMPASSION FOR YOURSELF IF YOU ARE BEING EXCLUDED BY FRIENDS OR FAMILY

Since there is no easy solution it is important to consider your own emotions and how you can comfort yourself from the deep pain that you are feeling. It is understandable for you to be hurt and perhaps angry that you are being cast aside for not wanting to accept a dangerous shot.

It can be most healing and helpful for you to focus on your wellbeing and why you have decided not to get the bioweapon. What you are dealing with is not a rational situation. You are absolutely entitled and empowered to make decisions based on your sovereign conclusions. What you are experiencing from people who are excluding you is their own lack of understanding and grounding in their own sovereignty. They have been mentally manipulated into believing that pharmaceuticals are safe and more powerful than the natural immune system and our ability to choose healthy life styles to protect and maintain health and wellbeing.

It is very likely that they will need your compassion in the near future when more truth about the shots becomes more widely known.

TO DE-STRESS CONSIDER SHARING THE HOLIDAY WITH OTHER LIKE-MINDED FOLKS AND CREATING A FESTIVE DAY THAT WILL BE MEANINGFUL TO YOU.

CONSIDER DOING NURTURING ACTIVITIES LIKE:

- Going for a walk in nature.
- Exercise, do yoga, Tai Chi, or Qi Gong
- Listening to uplifting music.
- Sing, dance
- Watch feel good movies.
- Making a list of things you are grateful for.
- Preparing some of your favorite foods.
- Take part in festive activities planned in our community.
- Volunteer to help others.
- Attend church or other spiritual gatherings.
- Read things that are uplifting, inspiring and centering for you that help you stay focused on your beliefs.
- If you pray offer prayers for them to lift their fear and open their minds to the truth.
- Consider practicing your own prayerful meditations or try the HeartMath techniques describe in the Fear Epidemic series or on the HeartMath.org website.

HEARTMATH TECHNIQUE: (See Heartmathinstitute.org or Fear Epidemic Series on YCPT.org)

- First find a quiet place.
- Sit comfortably and focus on your breathing. Being aware of the air flowing in and out of your lungs. Let your breathing adjust to a smooth rhythm.
- Next, focus on the area around your heart.
- Now, bring to mind something that creates a deep feeling of love, gratitude or appreciation. Really focus on that feeling in your heart. Keep breathing into your heart and allow the feeling of gratitude to grow and expand. Feeling it flowing through you as you inhale and exhale.
- Now as you continue to feel that ask your heart, (you might prefer to ask the Holy Spirit, or God, or your higher self) to what you can do to help heal the sadness that you are feeling from the separation that is occurring in your relationships with friends or family. Ask for what you can do to feel comfortable with your own decision and to forgive them for pushing you away. Just accept of what thoughts come to you and make note of them.
- When you feel complete you can return to focusing on your breath and end your meditation when you are ready.
- This can be a powerful practice before you talk to those you are feeling alienated from. Taking a few moments to get heart centered will help you stay out of confrontations with them and simply acknowledge that you have very different beliefs than they do at this time. You can still wish them well even if they can't do the same for you. Remember they are truly in an irrational state at this time caused by serious emotional manipulations. You can't change their minds or hearts at this time and if you want to maintain the relationship over time you will feel stronger if you can remain compassionate. If you remain compassionate and not defensive it will diffuse

any emotional attacks that they might aim at you. You can maintain your integrity. At some point they might reflect on that and begin to question their behavior.

We Wish You Blessings,

The Stress Intervention Team