

Terrorism

Several years ago the world was braced with fear against what we were led to believe could possibly be a world-wide cataclysmic panic. We were headed toward the year 2000 with great worry over anticipated computer glitches we were told could cause everything from planes falling from the sky to waking up with no heat or electricity. As the clock struck 12 o'clock midnight, planes were still flying, grocery shelves remained stocked, and we woke up the next morning to full utility service.

A year and a half later we found ourselves again braced with fear, but this time it was terrorism. We were rudely awakened from our sleep of security within our own borders on a day few will be able to forget. We watched and listened to the surreal drama that unfolded in New York, Pennsylvania and Washington and became partially numb as the truth sank in. Life as we knew it no longer existed. We watched and listened glued to our televisions and radios as we saw devastation we never thought we'd experience in our own country. Rumors began to fly about further attacks planned and the fear began to mount. What was going to happen next?

We had some decisions to make then, as we do now. In the face of terrorism, will we remain grounded or will we give in to fear and panic? We have a choice. This is not like any kind of war we've ever been involved in because it's not simply about guns, bombs and military force. This is a psychological war.

Make no mistake – terrorists may try to strike at us physically, but their true goal is to instill fear within us to strike us mentally and emotionally. If we reduce ourselves to being controlled by fear we have lost our advantage. It is one thing to feel fear, but it is an entirely different matter to be controlled by it. The people who worked round the clock in New York, Pennsylvania and Washington after the terrorist attacks, despite what they were surrounded by, taught us how to shift from fear to love. Did they feel fear? Probably. After all, they were experiencing first hand what most of us only saw on our television screens. But they did what needed to be done to move on with their lives and the lives of the people around them.

What can we do to fight terrorism? I suggest we begin by not allowing media reports of *possible* menacing scenarios to undermine us by feeding on anticipatory, overpowering fear. Don't allow yourself to feed into it. When the attacks occurred, media reporting was noble and honest, reporting the news as it occurred. But soon it went back to recycling and repeating over and over possible negative scenarios of what horrible things "could" happen. This turned the energy of information into the energy of fear.

Remember what we learned from the Y2K scenario and be cautious, but not fearful. We will only hurt ourselves and waste precious time worrying about things that may not come to pass. Neither can we afford to put our heads in the sand and ignore what's going on in our world today. But we owe it to ourselves and to the future of this planet to view the situations through the lens of truth, understanding, and integrity. We can also grow where we're planted by keeping as grounded and positive as we possibly can so that people who are fearful will be encouraged by our strength. Don't allow those who would plant fear in you, whether it be through terrorism, pessimism, or obsessing on negative events, to win you over to their side. Know we are living during challenging times and are faced with things we never faced before and refuse to give in to any sector of negativity. This is the greatest strength you have. Remember, we're all in this together. We are struggling as a world community to come together in a way we never have before, and each and every person who can contribute something positive will help in the evolution of peace and unity for *all*.

The choice is ours.