

What has to change? June 1, 2020

This spring(2020) has caused many things to change not only in the US but in the World. The CoV2 virus started in Wuhan China, spread throughout Europe and then made its way to the US. US leaders failed to warn, plan, react in a way that could have better protected the citizens and created a cohesive concerted effort at protection and administration of the changes needed to get ahead of the virus. Instead we spent weeks looking at infection and death rates across the country and world, holed up in our homes to protect ourselves, fearful of catching this unknown vector and of death.

As the death toll rose, the economy began tanking, unemployment rose to all-time high levels, businesses closed, our political leader(s) continued to try to tell us that “everything is fine,” this will be over soon”. After about 76 days of isolation and work by the scientific , medical , and governmental communities we began to see some improvement in the death rates, decrease in hospitalizations and government financial support. Although much of that financial support went to those who were in a much better financial state than those it seemingly was to aid.

As we began to feel the lifting of restrictions, riots broke out. First in Minneapolis then spreading across the coasts and areas where there are high levels of racial disparities. Police brutality and bigotry abound in many cities and states. Government officials are speaking out of both sides of their mouths hoping to confuse citizens as if to incite more social unrest and chaos.

Some things have to change. I am not well enough informed about politics, governmental structure or nationwide change, but I do know how to make personal change happen.

1. Being grounded and centered by deep breathing, practicing mindfulness, staying in the “Now” as advised by author Eckhardt Tolle is the place to start. In this space everything is possible and we have infinite wisdom and ability to manifest powerful solutions.
2. Sending out love and light to all creating a unified field where individuals can think clearly and live peacefully. Love and peace vibrate at a much higher frequency than fear and anger thus allowing a place where all human beings are valued and cared about.
3. Asking others to join us on this “higher vibrational path” in which to create a World where we can all live together and respect each other. One person can begin to make a difference but when there is a united presence and intense focus, a larger effect will occur.

I believe that this is where we can start. When one or two begin to send out love and light; meditate for the goodness of all; and ask others to join us, this can grow exponentially and initiate the shift, the change we need to see in our World.

JOIN ME wherever you are, whenever you can, send out a prayer, a thought, a wish for the change we need to see to make our World a better place to be.

Judy Aufenthie RN, MA, PhD, HNB-C, CMSI, HTP