

Tucson, El Nino and Healing

Tucson, an unbearable tragedy. The incredible spikes in our weather. Also a source of tragedy. Miles removed from one another? I think not. Bear with me.

Reporters, pundits and politicians are tripping over one another explaining, theorizing, analyzing, hypothesizing or pathologize the recent tragic event in Tucson. An equal number of climate, weather, political and scientific folks are engaged in similar vein taking about the weather.

If both of these groups, and just plain folks alike, were to explore the deeper roots of such tragedies and catastrophes they might discover a common ground supporting them, and us, to resolve the problem of such social or atmospheric tragedies or catastrophes.

What's really, really underneath the senseless assassinations we witnessed in Tucson, on the one hand and "El Nino" – the "scapegoat" usually cited as the cause of unusual weather patterns, on the other?

The answer to the question, both questions, is to look at what's underneath both the wicked weather in the atmosphere and the wicked folks who foster our current state of social upset.

Also, let's remember Einstein's quote: "*The significant problems we face cannot be solved at the same level of thinking we were at when we created them,*" as we move to gain greater insight during our exploration.

Whether the vitriol is about the weather or politics, we hear most suggesting we change the way we debate, disagree and dialogue i.e., we have to change the tone and tenor in which we interact. Moreover, others are suggesting that we change our state of mind (vis-a-vis, for example, about politics, economics, education, ethics, corruption, the weather issue, and the like.) in order to what? Trust one another? Be more civil to one another? Well, that's not very likely. Why? Most folks derive their confidence, and, moreso, their identity, as a function of what they know. "I am my mind." "My mind is me." Their tone and tenor defending "me" follows suit. Few are ready or willing to give up "me."

Rather than make this a "mental" thing, if we are to experience change in any way, shape or form, folks have to change their *state of heart* for any of us to experience any real change in attitudes and behavior. And heart change, we must admit, is even more challenging than mind change.

Truth be told, how many folks' hearts were hardened even more by the Tucson event? More than quite a few I would bet.

So, back to El Nino and back to what's underneath the senseless, violent act we recently witnessed in Tucson?

The alpha and the omega of our solution points directly to how we regard one another – that is, our thoughts. Call it metaphysical, quantum physics, spiritual, whatever you wish, but thoughts are things; they are energy and this energy can be observed and can be measured. And, most importantly, energy cannot be created or destroyed, but only changed in form (Physical science 101).

So, we can use this energy in positive ways or negative ways. Not unlike electricity – we can use electricity to power generators, for example, to desalinate water and save lives or to power generators to electrocute people.

Thoughts are energy - tangible, palpable energy. This energy goes out into the Universe and affects the reality around s.

So, consider:

What happens when one negative, angry, or hateful thought goes out into the Universe? What about one hundred negative, angry, hateful thoughts? Remember these thoughts are energy and have an effect on all the other energy around us. So, what about a thousand, a million, twenty million, fifty million negative, angry, hateful thoughts - every second, every minute, every hour, day after day, week after week, month after month, year after year. What is the cumulative effect of the build-up of all this negative energy we are spewing out into the Universe, the Cosmos.

And, remember, this energy cannot be destroyed, only changed in form. So what forms do you think this energy takes? It doesn't disappear; it doesn't dissipate. It's real and it's there, all around us.

Our Elders believed in the power and effect of thoughts. Indigenous peoples believed in the power and effect of thoughts. Sages and philosophers believed in the power and effect of thoughts. Psychologists and psychiatrists believed (and still believe) in the power and effect of thoughts. If the power of one thought can create healing (the scientifically proven Placebo effect), what might be the result of millions and millions of negative, angry and hateful thoughts being consistently poured out into the Universe. Think Tucson. Think strange weather occurrences.

The reality is our culture is experiencing one gigantic psychosomatic emotionally unstable state that's evolving from one gigantic, collective angry, negative and hateful state of mind. And changing that mind is a major Sisyphean struggle.

The antidote here is a change of heart. Heart is at the epicenter of true change – in business, government, education, health reform, and even the weather. What's required is a change of heart – the way we regard ourselves and one another – being open with respect, love, compassion, acceptance to those who are “not like me.”

The question is what will it take for folks to open and soften their hardened hearts. Perhaps, “storms” of nature and “storms” among people will have to run their course. However if we, individually, create a critical mass by choosing to change our “killing” (angry, hateful, negative) thoughts into “healing” (loving and caring) thoughts, we can preempt future “storms” – each through a change of heart. Then, minds will follow.

Lincoln said, “*A house dividend cannot stand.*” Neither can a divided and broken heart. Social trust, acceptance, love, compassion, inclusivity are all a matter of the heart, not the mind. That's where healing begins.

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