



Satya
truthful in
thought, speech, and action

Yes! We Can Peace Builders May/June 2023

Yes We Can Peacebuilders is dedicated to promoting and teaching nonviolence, inspiring and engaging people to create a nonviolent community, nation and world.

"I think I understand
Fear is like a wilderland
Stepping stones or sinking sand."

-Joni Mitchell

Another Kind of Climate Change By Bob Van Oosterhout

"When vastly differing views are pressing against each other, we have an enormous opportunity to transcend old ways of thinking and to bring new perspectives to the forefront." Sherri Mitchell, Sacred Instructions

There is another, more insidious kind of climate change that may be more serious than the one we hear about in the news and worry about in our beds at night. It's had a similar trajectory - slowly building over centuries then intensifying and escalating in the past few decades. The two kinds of climate change are woven together, each one pulling on the other, creating knots that tangle and tighten to strangle efforts to effectively address problems they create.

I'm talking about the climate of fear that has increasingly crept into daily life - the climate that keeps us from working together to adequately deal with the climate change that threatens our planet, the climate that is driving us apart and undermining our ability to talk to each other, let alone work together to solve pressing problems.

Fear is an effective tool used by media and politicians to get and keep our attention and votes. It's fed by a myth that humans are by nature self-centered, aggressive,

and competitive, an addiction to screens that keeps us from seeing each other clearly, and increasing pressure to “make it” that keeps us emotionally drained and out of balance.

We adapt to this climate of fear in the same way we react to an immediate, lethal threat - by going into survival mode. Survival mode doesn't allow time to take in the larger picture or see how things might be related or connected. Reflection is seen as wasting time, compassion as foolishness.

Fear makes us more self-centered and aggressive. We see events and people as either for or against our interests. We develop a scarcity mentality where we can never have or be enough and take an adversarial stance with anyone who disagrees. Since we don't feel safe or secure we seek more power and control. We find distraction and diversion and a temporary sense of authority by blaming and complaining. We're right. They're wrong. There's no in-between.

Fear in nature doesn't last long - it's usually a reaction to being seen as lunch by a hungry predator. Natural fear provides energy to run or fight and since that energy is discharged through action, recovery is quick. Man has created an atmosphere of prolonged fear, based on unresolved generational trauma and constant fear-based messages related to things we can do little or nothing about. Fear without agency creates tension and tension restricts awareness. We're swimming in fear like fish that aren't aware of being surrounded by water.

It's clear that our leaders will not fix this. Too many of them got to where by promoting fear and divisiveness. We can't find lasting solutions to conflicts and problems because we're stuck in an adversarial process. We see in terms of win/lose and our children, grandchildren and the planet are losing.

What Can We Do?

“We must not condemn one another for what we have been forced to carry, what we have been programmed to believe, or what we have experienced in response to our own wounds.” -Sherri Mitchell, Sacred Instructions

Fear has turned us against each other at a time when we most need to work together to recreate conditions where our children and grandchildren can not only thrive but survive. Seeing climate change as an adversarial process prolongs the political deadlock that keeps us from taking necessary action. We can transform our fear into caution and concern and recover our vision and compassion in order to find common ground and shared interests.

In short, we can learn to see each other and our world more clearly with more open hearts. We can see who and where we are in light of who and what we can become. We can realize that our actions affect others and take responsibility for acting in ways that serve rather than diminish the common good.

How Do We Do That?

It starts with balance. Tension draws our mind toward fear like metal shavings to a magnet. We can slow down, lighten up, breathe, and take time to think and reflect so we can see where we are, where we're headed, and what we can realistically do about it. We can make contact with our world - not just to see or study it but to realize we are part of it.

See More Clearly

When we restore and maintain balance we have time to think and ask questions. We can view things from other perspectives, see the larger picture and realize the effects of our actions.

We can learn to ask questions about the messages that feed our beliefs. Slogans and spin can be clarified, put into context, and seen for what they are. A newly awakened curiosity leads us to wonder about sources of information, their intention, and how they likely benefit from us believing them. We begin to recognize how fear and other tools are used to get and keep our attention and support. We wonder how different people might interpret the messages we see and hear and ponder what's not said in these messages. (<https://mediaeducationlab.com/>)

We can put ourselves in the shoes of those we previously saw as opponents, check their sources of information, see where they're coming from, and accept that their point of view makes sense when viewed from their perspective. We can try to understand their needs and concerns, find common ground and common interests and explore ways to work together to find realistic solutions to the problems we face.

"Allow me to see them, not through the obscured vision of my own wounding, or the defensive shelter created by theirs, but with the clarity of vision that can reveal their soul to me." - Sherri Mitchell, Sacred Instructions

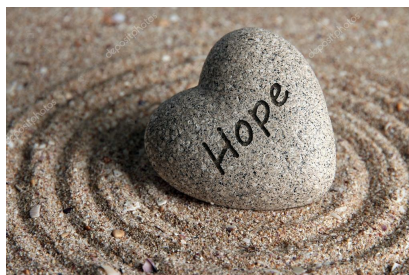
A More Open Heart

Transforming fear into caution and concern allows us to open our hearts. We begin to recognize that there is value and potential in all life and, to extent that we place ourselves above or below someone else, we are both diminished.

Opening our hearts allows us to more fully experience our own pain and to recognize that it's a signal to get our attention because there's something we need to deal with. Working on accepting and learning from pain rather than fighting it diminishes its intensity and duration. It also opens up compassion, which allows us to see the effects of our actions on others and the environment. We become responsible rather than reactive, open-minded rather than judgmental.

An open heart is a hopeful heart. Hope recognizes that there is a best way to respond to every situation no matter how dire. Making a commitment to restore and maintain balance, transform fear into caution and concern, and strive to see more clearly with more open hearts can help us to find the best way to deal with climate change.

Bob Van Oosterhout is a psychologist with almost fifty years experience counseling, teaching, and community organizing. He is the author of "Slow Down and Lighten Up" and is currently working on three books: "Balance: The Essentials of Physical, Mental, and Emotional Health and Effectiveness;" "Understanding Fear and Fear Based Thinking: The Path to True Freedom," and, "The Essential Choice: Love or Fear" His website is www.bringtruthtofear.com



The Peoples Report By Ruth Ann Angus



In April Peacebuilders (YWCP) was asked to participate in writing a report on several of the 2030 Sustainable Development Goals (SDGs) by The Commission on Voluntary Service and Action (CVSA) in Los Angeles, California. This organization has NGO Consultative status with the Economic and Social Council of the United Nations and is a member of the Nongovernmental Major Group regarding these goals.

The “People’s Report” is part of the High-Level Political Forum (HLPF) on Sustainable Development at the United Nations and Ajay Jha, Co-chair of the Coordinating Mechanism for the Major Groups and Other Stakeholders met with CVSA Director, Susan Angus in July 2022 asking them to bring a full report named the Peoples Report on the status of the 2030 Sustainable Development Goals from the perspective of the grassroots organizations affiliated with CVSA. Yes We Can Peacebuilders has been an associate of CVSA since 2016.

In September 2015 all 193 member nations of the UN, including the US, adopted the agreed upon Agenda and the 17 goals pledging to make them a priority in their domestic national policy. The HLPF now serves as the central UN platform for the follow-up and review of the 2030 Sustainable Development Goals Agenda and the SDGs at the global level. The United States is the only industrialized nation that has not reported to the HLPF on taking any action on the goals since they were adopted. It was reported in CVSA’s publication “ITEMS” winter edition, “that until the US engages in the process agreed to in the 2030 Agenda for Sustainable Development and enacts policy changes and priorities necessary for the implementation of the 17 goals domestically, the US will continue to be out of sync with the direction of most of the rest of the world and cannot be counted on by other nations as a partner, much less a leader in building a better future for all people and the planet.”

Delegates from other nations along with members of CVSA decided to comply with Ajay Jha’s request in accomplishing a complete Peoples Report on the status of the SDGs in the United States. Yes We Can Peacebuilders was asked to write reports on Goals 8, 13, 14, 15 and 16 in relation to what is working well, what problems are not resolved, and what solutions are perceived.

Goal 8 has to do with sustainable economic growth and employment, Goal 16 deals with peace, nonviolence and justice for all, Goals 13, 14, and 15 speak to the environment, climate change, the health of the oceans, waterways, and terrestrial ecosystems.

Peacebuilders’ report covered area domestic violence, poverty, homelessness, housing, racial incidents, verbal abuse, the local undocumented population, jobs, salaries, sex trafficking, gun violence, and local environmental health and conditions. Another report on goals 8, 13, 14, 15 was written over the signature of The Central Coast Center for an Ecological Civilization with a final report over the signature of the Morro Bay National Estuary Program on goals 13, 14, and 15 gathered from their State of the Bay Report of 2023. Yes We Can Peacebuilders and these organizations look forward to obtaining the results of the Peoples Report with the HLPF at the United Nations which will take place at United Nations Headquarters in New York City in July 2023.

A Youth Coalition Works for the Kids



Club in Morro Bay, California gathered around the Earth Flag hanging on the wall, flashing the peace sign along with Ruth Ann Angus, Director of Yes We Can Peacebuilders, a member organization of the Estero Bay Youth Coalition on the Central Coast of California. They were together to celebrate an Earth Day Peace Project called "Spring for Peace."

"Peacebuilders knows that our youth are looking for upbeat and positive ideas and activities to help them understand their world," Angus said, "and we thought what better way

than to bring them the concept of taking care of our planet to foster peace in the world."

The Estero Bay Youth Coalition came about through the work of Los Osos Cares in Los Osos, California and was the brainchild of Director, Linda Quesenberry. "This coalition brings together people and groups who do a variety of activities with children and families," Quesenberry explained. "We want to be sure that young people obtain the best educational opportunities possible as well as to help them with good social activities."

Quesenberry isn't the only person who saw a need for a gathering of groups to be dedicated to guiding youth groups. The Coalition is made up of groups like Peacebuilders as well as service organizations such as Rotary, Family Advocate groups, Boys and Girls Club, and area schools.

On that day at Kid's Club, thirty young people from Transitional Kindergarten to the Fifth Grade created colorful drawings of flowers, vegetables, bees, butterflies, and the peace sign around the printed words "Spring for Peace." They learned how Earth Day came about and why it is important to keep our planet healthy so all people will have the resources they need for a good life. Photographs of their drawings along with a letter, authored by Angus but in the voice of the kids, were sent to Congressman Salud Carbajal at his San Luis Obispo, California office asking him to please work hard to keep their environment clean and to encourage the passage of laws to fight climate change.

Kid's Club of Morro Bay is offered through the Morro Bay Parks and Recreation Department of the City of Morro Bay. Yes We Can Peacebuilders is a affiliate of The Central Coast Center for an Ecological Civilization.

GOOD LINKS

Jane Thornton Presents New Thought Musicians Showcase

NTMS Show - April 2023

My Helping Hands - Featuring Deb Chamberlin

<https://youtu.be/mMbyPe8zv5A>

ESSENTIAL LINKS - New Thought Musicians Showcase™

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ALL PLAYLISTS

New Thought Musicians Showcase™

All NT Artist Fan/Tribute Pages:

<https://www.youtube.com/channel/UCXxT-ABkS0GufUFLfpp4YXw/playlists>

SHOW ARCHIVE

New Thought Musicians Showcase™ - Host Jane Thornton

<https://www.youtube.com/playlist?list=PLYPQgFnwI6KdCBNwdcDyU9GNF2N7xmHm0>

YOUTUBE VIDEOS - CHOOSE POPULAR or RECENT VIDEOS

New Thought Musicians Showcase™

<https://www.youtube.com/@newthoughtmusiciansshowcas330/videos>

Paul Long Presents "Our Walk Together" Podcasts

www.ourwalktogeth.com

The online Meditation Chapel is a multi-faith community of contemplatives.
<https://our-walk-together.simplecast.com/episodes/meditation-chapel>

From Felon to Secular Franciscan

A journey that stretches from an abusive childhood to difficulties with the law, to many years of incarceration, and life changing experiences of God, this is one man's story.

<https://our-walk-together.simplecast.com/episodes/from-felon-to-secular-franciscan>

Give Your Child Their Best Opportunity at Recovery

If you suspect your child (or friend) is involved with substance abuse, then this episode is for you.

<https://our-walk-together.simplecast.com/episodes/give-your-child-their-best-opportunity-at-recovery>

"Nonviolence means avoiding injury to anything on earth in thought, word or deed." -- Mohandas Ghandi

On September 11, 2018, Yes We Can Peacebuilders accepted a proclamation of peace and nonviolence from the mayor and city council of Morro Bay, California establishing Morro Bay as a Nonviolent City. In September 2022 a second peace proclamation from the current mayor and city council was accepted by Peacebuilders strengthening the City of Morro Bay's dedication to peace and nonviolence through the Nonviolent City Project.

The Nonviolent City Project is a grassroots movement that organizes strategy for activists to work for the transformation of their community into a peaceful, nonviolent city. This is a shift in consciousness to work holistically with every sector of the city to establish a culture of peace.

**Yes We Can Peacebuilders offers workshops and training for adults and youth on ways nonviolence is fostered, defining nonviolence to aid in the development of nonviolent communication and strategies for change within ourselves and our community. You can learn more at:
www.yeswecanpeacebuilders.org or email us at
yeswecanpeacebuilders1@gmail.com.**





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