



Healing Climate Change: Communicating Without Blame or Guilt. Thinking Positively. Involving Everyone—Young, Old, In-between.

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Abstract

A speaker's mindset can determine how ideas are received. I am suggesting ways to think about and discuss climate change that are likely to enable more people to accept its reality. These include:

- 1) Focusing on solutions instead of on blame and guilt re who or what is causing climate change.
- 2) Knowing and conveying that IT IS POSSIBLE to heal climate change.

Potential Impacts of using these strategies are: Less contentious dialogue about climate change, and the likelihood of more people believing in climate change and taking it seriously.

I also present ideas about how to get almost everyone (young, old, and in-between) involved in developing solutions for climate change. These include:

- 1) Working on healing climate change with your children/parents, family/friends, and classmates—though serious, it can be fun!
- 2) Involving local climate-change scientists in classroom-or-group problem solving about climate change.
- 3) Incorporating prayer and meditation, which are important to many, into the climate-solutions toolbox.

Potential impacts of using these strategies are: increased awareness of climate issues, use of ALL available human resources to heal climate change, and more possibility that people will implement climate-change solutions because they have developed or determined the solutions themselves.

Introduction and Process

This presentation is based on an article (Healing Climate Change: A Beginner's Guide) that I wrote and have begun disseminating because I believe new approaches can be useful in resolving climate change. The article is aimed at helping climate activists, scientists, teachers, and others educate people about climate change. The article also offers action suggestions for those beginning to develop a more climate-supportive lifestyle.

The dissemination of this article is ongoing, and this poster presentation is part of it. Excerpts from my article follow, modified to fit the likely needs and interests of those attending this symposium. The full article can be accessed at <http://www.vision-and-values.com/climate.htm>.

Healing Climate Change: A Beginner's Guide

Our beautiful planet has a problem—climate change—and it needs our help. When climate change occurred previously on this planet, humans were not developed enough to be able to help the planet heal. Now we are. Let's begin.

Forget the blame game.

Let go of proving who or what is causing climate change. Often when you know what it causing something, it is easier to stop that something from happening. That's not always true with climate change because too many people are spending their time arguing about who or what is causing climate change instead of focusing on resolving this critical challenge. Whether climate change is being caused by nature or by humans, it is a problem for us and for the planet. Let's solve it.

Develop a positive attitude.

Know that **it is possible to heal climate change**. Many people feel discouraged about resolving climate change, and that is understandable. But remember that thoughts are energy, what you focus on expands, and a positive attitude helps in finding and actualizing solutions. (More at Einstein below.)

Every day when you awaken, ask yourself: What can I do to heal climate change today?

Since you are at this symposium, it is unlikely that you need me to suggest things for you to do, but in my original article I have some short what-you-can-do lists for beginners that you might enjoy reviewing. You might also want to look at my section on practicing climate-mindfulness.

Become the Einstein of climate solutions.

Whatever our age, if we are alive on the planet now, solving the problem of climate change is one of our jobs. And working on healing climate change together with your children and parents, family and friends, classmates and others can be fun.

Do your research about climate-change issues and toss around ideas about how to heal climate change in both large and small ways with your family members (all ages) and friends.

Think creatively and out-of-the-box. One reason this article is subtitled "A Beginner's Guide" is because beginners can often find solutions that the more experienced cannot. That's because beginners generally come to a problem without preconceptions about what is and isn't possible.

Believe in, encourage, and support creative solutions to climate change (after doing your research first, of course). Part of your research could include inviting a local climate scientist to your group or classroom to discuss one or more climate-change issues that you want to heal.

Einstein cont.

At the least, thinking creatively and positively about climate-change solutions helps heal the energy of the planet just as a butterfly flapping its wings ripples energy around the globe. You, one of your children, or a classmate may be the Albert Einstein who heals climate change. I mention Einstein because his vision of the cosmos changed the world and made many things possible that had not been possible before. That could happen in the area of climate change too.

Think creatively about some climate-change challenge and let me know the solutions you develop. I'll love reading your ideas and pass the best ones on in my articles.

Note: While being creative, remember to keep doing the daily large-and-small actions that are known to be helpful in healing the planet. Healing climate change is not either-or. It's everything and everyone together.

Pray. Meditate. Affirm. (Quantum Entanglement)

Prayer, meditation, and affirmation (thinking/saying positive statements) are all ways to change energy in a positive way. Mind-body research and quantum theories of non-locality and entanglement have taught us much about how thought and prayer can have a physical effect even across space and time.

Many people pray and meditate so leaving these methods out of the climate-solutions toolbox can leave many people out as well.

While prayer, meditation, and affirmation should not be the only tools used to heal climate change, they are a much-needed helpful base from which to become inspired and motivated. As those who use these techniques know, they can also be powerful change agents.

All of the above are good reasons to welcome prayer, meditation, and affirmation to the climate-solutions toolbox.

How to reach me with your ideas.

E-mail jai@vision-and-values.com. To be sure your e-mail doesn't get trashed, put **Healing Climate Change** in the subject line. Thank you.

