

**Affirmation: I place my attention on what is breaking through,
not what it breaking down.**

In times of economic chaos and uncertainty our congregants often look to us, their ministers and spiritual leaders, as centers of sanity and wisdom. How do we maintain our own sanity and offer a solid spiritual perspective when it seems as if our own world is being turned upside down, too? We do all of the things we always do (maintain our spiritual practice, eat right, exercise, get enough sleep, etc.) AND

- Maintain equanimity: a balanced, calm, centered, non-anxious presence (imagine the Great Blue Heron standing in the river, still and strong while the rushing water swirls around him). Just breathe.
- Don't ignore the facts: be aware, but don't get tangled there (meet people where they are and lead them to higher ground). There are the facts, then there is the Truth.
- Offer hope: look for the opportunity in the midst of the crisis (focus on what is breaking through, not what is breaking down). Hope is what we're all looking for.

In 1936 in a time similar to what we are experiencing now, Charles Fillmore wrote:

“When there is a world-wide belief in financial depression, lack of circulation, stagnation, things do not go as we expect and we develop fear, a belief in lack of circulation of money.” (*Prosperity*, P. 47)

“True riches and real prosperity are in the understanding that there is an omnipresent substance from which all things come . . . Instead of realizing the inexhaustible, eternal, and omnipresent nature of that substance, we have limited it in our thought.” (*Prosperity*, P. 167)

“Do not be fearful regardless of how outer appearances may affect others. Keep your head when all about you are losing theirs . . . We can go within and meditate on these things in the silence, and the Lord will direct our personal finances.” (*Prosperity*, P. 170-171)

In the early 1990's Rev. Karen Lindvig wrote: We need to take these words to heart and not get caught up in the outer appearance of things. God is our one and only Source. This Source is inexhaustible. If you find yourself becoming fearful, read the above words of Charles Fillmore, focus on God and know that you are one with the Source of all life, love, intelligence and substance.”

Blessings to you as you minister to those around you. (Marilyn Muehlbach)