

4/10/00

World Gain

I awakened with a nagging question: What does the world gain by your retelling that story? My immediate reaction is that this refers to perpetuating the negative attitude towards others that many hold after hearing news stories that cause us to recoil from the inhumanity shown by another. If we repeat negative news stories that have people thinking that the world is a horrible place then we perpetuate the negative thoughts that many hold about the moral values of others. We continue to see this world as full of bad people. If you believe, as I do, that thought creates, then it is important that we hold positive thoughts about the world's inhabitants. We must step back from creating situations in which judgement of others are made. Stories, that arouse passionate feelings of how terrible others are, will not create better people. Dr. Weil suggests a news break but it is sometimes difficult to avoid exposure to news reports. Stations often repeat the same tales over and over and many acquaintances seek our reactions to news events.

In the interest of a better world, it is time to reorder my priorities. I wonder how it will affect all of those investigative news shows if many of us change our news habits. It is important to me to do justice to this topic if the world thought is to be changed for a more positive view of other. How much more trusting of others would we become? How less apt would we be to misinterpret the words and actions of others? How much could we effect progress toward world peace? Can we get a "good news" paper printed daily instead of the gut wrenching headlines we now read? Would we all feel better physically without losing our energy to those emotionally upsetting tales? Are we keeping ourselves weak? What good in the world could we do with extra energy everyday?

I have convinced myself to change my news habits. To begin, I will avoid reading or listening to the news. I will avoid retelling gut wrenching tales that cause someone to think ill of another. Do I really need the pity of others by giving all the gory detail of things that have happened to me in order to see the lessons I must learn? Can we take a more compassionate view of reports of world happenings? Perhaps we should not call it news anymore but use the word "event" We can think of the lessons others are learning. We can focus more on opportunities to come together with those of like mind for the greater good.

Postscript: Three months have passed since I cancelled my newspaper. I really haven't missed it. I have much more joy in my life and have found myself able to avoid the myriad of judgmental thoughts that had come so frequently. So many people feel the need to build a wall around their residence to live "safely." I am surrounded by a loving caring world and I find that I have more love in my heart to give and share with others. The world will be changed by those with love in their hearts in place of fear.