

KEEP

Surviving and Thriving

THE

Today's

FAITH BABY

Hard Political Times

by: Warren Avery

A Key = It is not about Politics;
it is about your Faith!

Why This Work?

Why this book on ‘Surviving and Thriving -
Today’s Hard Political Times?’

Immediately following the 2024 election
The prognosis Nationwide was

DOOM AND GLOOM

with a full reign of

PANIC AND DEPRESSION, AHEAD

Both, estimated to last, indefinitely,
as Trump has vowed ‘no further elections will be necessary!’

Pulled out of the mire, himself, by love and divine intervention,
this scribe was charged (with Truth) to reach back for the rest,
(by Divine Decree) *that none need be lost*

This Works Can

help return or *shift* you
to Peace and Wellness, yet
This is no magic bullet,
or complicated mechanics,
but simple techniques
(involving being observant and pro-active)
in the face of
stress or a potential stressor
(and practicing such techniques)
as – the ‘Old School’ counting to 10, or
‘Minding Your Breath’ –
(inhaling, holding and exhaling)
or extending to Meditation exercises
(Up to 20 minutes of practicing the Presence,
or being in the Stillness)

Continuing in these can help guide you
to WHOLENESS of BEING
(True Peace and Insight)

And the more persons in Wholeness-
The greater our democracy’s strength

This Is a Fun, Light Read

Yes, read it for joy, not for justification
and neither to become (more), than you already are.

Yes, this is (experienced) not to learn or to become (anything)
but to reveal and practice the Joy and Wholeness of Being.

Though, maybe, a different read, this isn't a difficult read.

See, this is of your natural (Spirit) feed,
of and from the actual source of your Being.

So, at first, perhaps, if, different and seemingly strange,
it will become less and less so, as you proceed, as you persist.

"I will show forth all thy marvelous works"

Psalm 9:1

Democracy-Uniquely American

Yes, ‘Democracy’ with a socialistic leaning, is a uniquely American experience. Whereas, our nation was established upon spiritual and humanistic values and principles. And, the following single-line, proclamation from our constitution’s preamble aptly attest to this truism.

“It’s self-evident **that all men are created equal**”

So, then, what has happened since our founder’s bold, altruistic decree - as studies show a sharp disbelief in religion and spirituality; also of brotherly love and comradery (for the common good). For the why, perhaps, this (deficit in religious belief) needs to be formally examined – if there’s a correlation between it and the decrease in brotherly love?

And looking at today - perhaps this (standing) made it ripe for these unreligious and unprincipled lobbies to appeal to the (Godless and misbelieving) masses and so to establish (an unholy) comradery and reign.

Surely, this multiple headed dragon (of the opposition of democracy) has been raising its unsightly head, for largely a decade now -succeeding in causing a fracture and friction in *The Force* - of self and human bond.

And immediately after the Red caps winning the elections of 2016 and 2024, (though all were bruised) truly, for a host of our citizenry, it (the disruption to their peace) all came to a head – and crash. And, this writer (though briefly), like-wise, was not spared this diversion from Wholeness.

But, with a divine nudge and favor he’d soon return (home). And now with a greater commitment to his wholeness practices: meditations, exercise, breathing techniques, etc. - even as outlined here - he was soon good to go! Thus, I’m stoked to share (this recovery light) with all.

Protecting Democracy

Herein is a look at how by embracing BROTHERHOOD and SPIRITUALITY, we best Protect Democracy

Words from a Professor of the study of the Constitution

Normally, democracy does not need protection.” “Democracy protects itself through its institutions and public discourse. It has a kind of self-immunizing power,” explains the law professor.

“Under exceptional circumstances, however, democracy must be at liberty to defend itself, for example when large anti-constitutional groups establish themselves or when anti-constitutional opinions spread in associations or parties, and these organizations resort to militant and organized actions against the constitution. In such cases, the very foundations of democracy are threatened, and mechanisms are needed to protect democracy.; Ralf Poscher head of the Department of Public Law and a director of the Max Planck Institute for the Study of Crime, Security and Law.

Words from Wise Statesmen on Democracy

As President and statesman, Abe Lincoln in his wisdom cautioned, “America will never be destroyed from the outside. If we falter (he warned) and lose our freedoms, It will be because we destroyed ourselves!”

He added,

“if destruction is to be our lot, indeed we must ourselves be its author and finisher! As a nation of freemen, we must live together through it, or die by suicide!”

“But we resolve, (he continued) that this *nation, under God*, shall have a new birth of freedom! And that the government *of the People, by the People and for the People*, shall not perish from the Earth!”

Protecting Democracy

Tom Shappard added
“It’s not the voting that’s democracy.
It’s the counting!”

The best way to enhance freedom (in other lands)
Is to demonstrate here,
That our system is worthy of emulations.

Ex Prez Jimmy Carter

Loyalty must arise spontaneously,
From the hearts of people who love their government
And respect their government

-Hugo L. Black

Bad officials are elected by good citizens who do not vote.

George Jean Nathan

And Obama, the 44th President declared

“There are no red states or blue states; there is only the United States of America”

“Our government rests in public opinion. Whoever can change public opinion, can change the government, practically just so much”

Prez. Abraham Lincoln

Our Purpose - this outlook is specifically addressing- as the name implies **our Surviving and even Thriving in a hostile political climate**, which, now has become our norm - with the election of the Trumpster to the presidency, again.

Sure, there are scribes specifically addressing this cause “Saving the republic”. But this effort chiefly champions preserving our Soul: Our Peace, Our Oneness.

That is with the exception of Chapter 3 ‘When the Survival is Physical’, which IS about having a physical recovery. And this detour may be by-passed by any that wish not this deflection in their divine immersion.