



The Yellow Booklet no.3

Creating peace on an emotional level

The Yellow Booklet deals with coping and control of emotions; and bringing these into equilibrium. In times of crisis it is important to think and feel in a positive manner. By taking a positive stance enables you to identify creative possibilities and to act upon them.

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1. Introduction

The Yellow Booklet is concerned with dealing with and control of emotions and the maintenance of their equilibrium. During a time of crisis it is important to think and feel from an aspect of positiveness. By conducting oneself in a positive manner creative opportunities that arise can be identified and organised in a manner that benefits all. *Firstly, people will have to accept the situation for what it is and then make the most of it.*

Allow yourself the freedom to have feelings even if they are painful. Try to accept the feelings of others. Do not allow yourself to be swept up by the negative feelings that rise up in you. First and foremost you need to think, feel and take action from the heart.

It is important that each home-, living- and work unit is prepared to, as much as possible, rely on their own strengths to survive and to ensure strengthening their own immune system in the general sense.

When each home-, living- and work unit is conscious of possible cooperative systems and/or connections, as well as the skills and methods that they master, they can prevent expansion of the crisis.

*Concentrating on the needs essential to each unit is important, and needs to be prepared with due understanding for their specific requirements both on a national level and in the complementary aid sphere. (At national level too little attention is being paid to this by the Local Authorities.) Complementary aid offers a diverse spectrum of additional knowledge concerned with the aspect of **increasing awareness of how to keep the immune systems equilibrium.***

The more robust our immune system is, the better we are able to conduct ourselves in a positive manner and maintain a healthy balance in our emotions.

Chapters 2 through 8 are methods to support the immune system and to maintain equilibrium.

2. Bach Remedies and directions for use Essential oils



Bach Remedies are made from wild flowers and do not have any negative side effects. It is important to have a supply available in your First Aid kit!

Pregnant women, babies and the sick can use this remedy safely.

In shops selling natural products, druggists and most chemists you can purchase these remedies and it is recommended that you also buy a booklet that provides a brief survey of these remedies. Most shops that sell Bach Remedies have these information booklets, if not, you can obtain them in a bookshop.

Bach Remedies are also particularly helpful for animals! Use the same dosage for dogs, cats and birds as indicated for a human.

For farm animals this restores rest.

The remedy may be added to their water or food. It is also recommended to have Bach Remedies available in the home. A few of these are especially effective to prevent depression and exhaustion.

These are: The Rescue, Olive, Hornbeam, Oak and Elm.

Here follows an explanation why a combination of these remedies are so supportive:

- **Rescue** keeps you alert and awake and enables you to react more effectively in unexpected situations. Rescue can be used with all illnesses and increases the immune system, both physically and psychologically (thus also with epidemics)!
 - **Olive** is recommended in the case of extended mental and physical tiredness and exhaustion.
 - **Hornbeam** reduces the so to speak "blue Monday feeling"; not looking forward to a new day.
 - **Oak** relieves the feeling of dejection and hopelessness. The feeling of "I cannot do this" is changed to "Okay, I can continue". Oak assists in pulling yourself upright again.
 - **Elm** reduces fickleness (flightiness) and over sensitivity.
- Other Bach Remedies that are recommended to have available in your First Aid kit:**
- **Willow** helps to minimise feelings of revenge and bitterness to your fate.
 - **Sclerantus** can be taken with crabbiness (being irritated very quickly).

- **Crab Apple**, also known as wild apple. This has a cleansing effect and is important during epidemics. It supports the feeling to rise above feelings on uncleanliness/unhygienic situations and not to concentrate on inconsequential (unimportant) issues.
- **Walnut and Aspen** in combination are very suitable for sensitive people who are severely affected by the suffering of others, and lose their own identity as a consequence. Aspen and Walnut, used in combination, strengthens both the aura field leading to a reduction in feelings of hindrance from environmental impressions.

Rescue of the brand Bach (also known as Five Flower Remedies) consists of:

Star of Bethlehem: Helps reduce shock when grieving or processing sadness.

Impatiens: Helps with impatience and mental tension.

Rock Rose: Guards against mortal fear and panic attacks.

Cherry Plum: Helps against and reduces fear of loss of control.

Clematis: Helps a person to remain present in the here and now and not to daydream.

Rescue can be bought in every shop selling Bach Blossom and may be ready to use in a bottle with the original basic potency that you can dilute, or already diluted in the format of a spray or cream. You could also make it yourself.

Directions for use of Bach Remedies: Take up two 30cc bottles, obtainable empty at the chemist, with a pipette and keep one in your bag and one in the bathroom. Fill the bottles with spring water or cooled off boiled water and add to this the basic potential from the bought bottle of Bach Remedy: 4 drops Rescue and 2 drops of another original basic remedies that you have chosen.

A bottle of original basic potential can last for 10 years if stored in a cool dark place. It is thus a good investment for the coming years.

To extend the life of the dilution add a little brandy or gin. The bottles containing the original basic potential contain a little alcohol for this reason.

There are people, take for instance Muslims, that cannot take alcohol due to religious prescriptions and beliefs. For these persons and children Rescue Tablets are available in boxes and contain no alcohol.

In general there is no objection to giving children Rescue drops of the original basic potential that has been diluted with a little water.

Besides Rescue you may add to a bottle 3 to 4 other remedies of original basic potential.

Without Rescue, 5 to 6 remedies of original basic potential can be added to one bottle.

How to use these drops?

You may take from your self-brewed bottle of 30ml a **minimum of 4 drops 4 times daily**. In crisis situations you can, with peace of mind, take these every hour. Let these drops linger under your tongue to promote ingestion before swallowing. The life span can be increased, as mentioned earlier, by adding a little brandy or gin.

When you know that you are facing a difficult time start taking Bach drops immediately and do not wait till you are in the midst of the crisis situation. Dare to use this remedy preventively!

Should you, during a stressful period, not feel tired and have adequate energy you need not, of course, have to add Olive or Walnut to your mixture in the bottle. You may add remedies as you see fit, especially when you have knowledge of the benefits of the

various ingredients. Olive and Hornbeam is taken when you are exhausted and too tired to maintain normal psychic and physical exertion. These remedies help you maintain your mental freshness (alertness) and ensure that you can cope physically better.

Finding yourself in a tiring and demanding period whilst also coping with grief as a loved one has passed away, and you get the feeling that you cannot go on, and then add a little **Star of Bethlehem**, and on occasion **Walnut** (the blossom that promotes a break through forwards).

Thus make a Bach Remedy mixture in a combination that you need to continue psychologically.

Tip: Administer **Rescue Cream** on the third eye (the spot between the eye brows) and pure Rescue Drops on the crown chakra when exhausted.

When you feel exhausted when thinking or you feel that you cannot go on waiting for a solution, ensure as much as possible that you sleep well, apply Rescue Cream regularly to the spot above the bridge of the nose, between the eye brows (the third eye) and if need be apply pure Rescue Drops on your crown. Your observation acuity becomes clearer. Due to exhaustion you will interpret situations differently to what they, in actual fact, are. You can no longer make good choices. Rescue helps you observe more accurately and you remain clearer and considerations are purer enabling you to take the right steps and/or decisions.

Booklets:

- The 38 Bach Blossom Remedies, Bach Original Flower Remedies, Publisher, Wigmore, ISBN: 0-946982-18-X
- Bach Blossom Remedies for Children by Diana Koornstra, Publisher, Hippocrates, ISBN: 90-803383-3-8
- Ankertje about Bach Blossoms, refer to the Internet for additional information
- Work Book for Bach Remedies by Iona Salajan and Sita Cornelissen, ISBN: 90-202-0649-4

Bach Blossom Therapy is always a very welcome and workable remedy! Especially when emotions take over control and where adequate dealing with the situation is disturbed too much and/or made impossible.

Essential Oils have proved their ability to be beneficial.

In the framework of this booklet another important remedy is: **Tea Tree Oil**.

Information attained off the Internet:

History

Tea Tree Oil has an impressive history.

Centuries before Captain Cook discovered Australia, the Australian Aboriginals understood the healing value of leaves. Captain Cook later made tea from these first aid oils. These leaves were rubbed fine then clay was added forming a poultice that was used to heal skin conditions and infections. Since the medical profession have realised that antibiotics and synthetic medicines are not always suitable due to their side effects, especially for small external ailments, Tea Tree Oil plays a more prominent role as a disinfectant in the natural First Aid Kit. (Different brands of Tea Tree Oil are available.)

- A bottle of Chi First Aid Oil (Tea Tree Oil by the brand Chi) should always be properly closed and stored outside the reach of children.

- First Aid Oils do not replace the doctor and where complaints continue a doctor needs to be consulted.
- Where there is doubts about over-sensitivity to the oil, place a drop in the crook of the elbow. Where there is no redness of the skin present after 24 hours it is safe to use.
- Where a person is allergic to lemons, it is advised not to use First Aid Oil.

The balsam contains 11% Tea Tree Oil in addition to a few active essential oils, such as: lavender, eucalyptus and niaouli. The balsam is easy to apply on wounds, bruises and painful areas.

Essential Oils; Buying expensive products is cheaper in the long term

100% pure, natural and undiluted essential oils of a controlled quality cannot be inexpensive. The gathering, culture, the production process and quality controls are time consuming thus increasing the cost. To give one an idea: for one drop of Rose Oil 200 leaves need to be hand picked and distilled.

The high concentration means that very little oil is required during one application. When purchasing one of these oils one is advised to check whether or not the oil is guaranteed pure. Thus not mixed or diluted, else the oil has little therapeutic value and can even be dangerous.

www.chi.nl, advice: also consult other websites.

3. Promoting a positive attitude

To make the best of the situation and to use humour (to laugh now and again) is extremely important to promote a positive attitude.

In reality we are talking about you having a positive attitude to deal with your problems. Each thought is power, and each cell in your body is programmed by energy and result in energetic fields being created. When you are dealing with fear fields each cell loses power and they are less able to defend themselves. When you approach the world with positive power, like: we wish to deal with this in the proper manner, we want to survive; then you create in every cell the correct energy field that will also maintain your immunity as efficiently as possible. Laughing in crisis situations is difficult and it would be easier to cry, but a positive attitude is filled with light power that has vitality. In conclusion one could say: **the will to live is strengthened.**

4. Advice to promote the letting go of tensions and taxing emotions

Laughing and crying, as an initial primary response, tend to reduce tensions.

For parents, teachers and other guidance counsellors all possible methods should be employed to enable children to relax by means of a playful approach and humour and not to leave them to their own devices when survival is at stake. This increases their chances of survival.

It is important that everyone realises that humour has a revitalising effect and in addition, there are certain remedies that can strengthen positive energy, like Rescue of the Bach Remedies.

When carrying babies it is recommended to carry them on your back so that the emotional burden of the parents is not transposed via the parent's heart to the heart area and stomach of the baby. The child borne on the back is more protected against this direct emotional tension field of the parents than if it were carried on the front of the body where the tension field is much greater. Carried on the back the baby has less

hinder from the emotional burden that his/her parent is dealing with. The here and now finds expression on the front of the body. When the parents feel that they are less burdened by the emotional crisis and wish to console the child they can transfer it to the front of their body.

5. Coping with emotions

Psychological and emotional results of a nuclear disaster

An example of **psychological distress** is what happens as a result of a nuclear disaster as described in The Red Booklet, chapter 7; II.

Serious psychological distress is experienced as tightly sticking or clinging emotions, that in one go are soaked loose, and in this manner the feeling of intensity is greatly increased. The internally situated unprocessed feelings that are carried in you due to previous experiences in your life, come loose simultaneously with the great physical, emotional and psychic burdening of the calamity raging around you, have to be borne together. This feels equivalent to the total psychic sub consciousness, that has until now been denied or buried, come to the fore simultaneously in the present situation making it more intense. The pent up feelings, that up till now have been insufficiently dealt with in essence and coloured by the past, explode in the person who at the same time is experiencing with his/her eyes and all the other senses, the physical burden of the disaster. This results in the activation of extreme feelings of desolation and hopelessness, just like being in hell. This emergency manifests itself by the person screaming, yelling and unusual behaviour that is so overwhelming to others who observe this, and is tantamount to being experienced as hell fire and purgatory.

Reducing the effects of psychological distress

Tips for the application of First Aid under these exceptional and deeply far reaching emotional and psychic distress:

The first defence against the intrusion from the outside is to *take your own feelings seriously and to give them a place*, even though they cannot be processed at that time.

Now follows a discussion of a few often occurring emotions in a calamity situation and suggestions to ease the effects.

Fear and panic

The results of fear and panic are:

Increased heart beat

Faster breathing

Trembling

Perspiration (sweating)

Fight or flight reaction or to be pinned to the ground.

When a person can control his/her fear, only then can specific guided help and meaningful action follow.

Where panic exists people will tend to flee or are powerless to act as if they were paralysed.

A safe place cannot always be found.

Remedies to reduce fear are:

Rescue (refer to chapter 2) and the Homeopathic Remedies (refer to The Red Booklet no.1;15). Further more, human support, consolation and closeness to others is of great importance for everybody, but especially for children.

Sadness

Sadness is a negative emotion. This does not mean that sadness is a bad emotion or that it may not be displayed. Crying is a method in which to express sadness. This may give a feeling of relief. Sadness can be shared with others; and it may be helpful when others support you in your sadness. A sad person often has the need to be touched by others, like a consoling arm around them. Sadness is infectious. The sadness of others often makes us feel sad also.

Crying together creates a feeling of solidarity. It is thus important to give sadness a place and not to too quickly introduce remedies that reduce this emotion, this unless, a person is carried away with excessive feelings of sadness and threatens to lose control of him- or herself.

In this event, deal with the situation in the same manner as with fear.

Hopelessness

One can experience intense feelings of hopelessness and fear. The experience of first aid personnel who have been dealing with traumas for many years is that, so long as you are busy, you have the strength to go on. However, when you resign yourself to seeing these traumas, you lose all your energy and your power drops like the collapse of a plum pudding. The vitality that you get from opposing the effects of the crisis situation makes you able to witness the greatest traumas. This is also a teaching to give to others: do not walk away, but face up to the suffering squarely with both eyes open. It is valuable to see your contribution, however small or insignificant this may seem. It is important to support each other else you will be blown away by your observations. Furthermore, it is essential to, despite everything, to place your trust in and require assistance from a Higher Power, and in so doing to open yourself up to this Higher Power.

Crabbiness (Irritability)

Crabbiness in the Dutch language means: to have a short temper, to be unreasonable in a general sense, you are made irritable by all around you and remain feeling irritable, you cannot release this feeling emotionally and you spoil the day for other people. You view the world with negativity, and as per a Dutch saying "you place salt on every snail". Snails, of course abhor salt as it dries out their skin leading to their death. The meaning of crabbiness is no different in the English language to that of the Dutch version.

This psychological phenomenon is activated by, amongst others, a shortage of drinking water and stress.

The ingredients that soften these effects are Bach Remedies, vitamins and minerals in addition to homeopathy. When left untreated it may lead to uncontrolled conflicts in families and communities. The effects of crabbiness are difficult to control when they have consumed someone.

What helps when people are quickly irritated and have very little?

Homeopathic remedies such as Ignata C30 (can also be used where mass hysteria is present)

Minerals

Vitamins like Vit. B-complex

Bach Remedies such as Elm and Sclerantus

Also refer to The Red Booklet chapter 5.

In this manner psychological tensions between people can be reduced.

Anger

When people feel that they have been dealt an injustice (why should this overcome me?), such as a natural disaster or otherwise, and they feel powerless and confused, then this may illicit feelings of anger.

This anger can become destructive when another person is held responsible and this person is vehemently held accountable for the disaster. Instead of utilising your available energy to help and care for others affected by the situation, you loose your energy in an anger attack.

Anger that is not used creatively in caring for yourself and the environment will turn into aggression, and this is destructive and reduces the strength of the immune system.

For this reason it is important to assist persons threatening to enter an anger attack seek out acceptable methods to out this anger, and eventually promote relaxation.

This can be achieved by means of:

Stamping the feet.

Beating and hitting on something that can do no physical harm.

Allow people to scream and rage whilst being supported by others.

There after use Bach Remedies like Cherry Plum (for fear and anger), in addition to Homeopathy, to prevent these emotions attaching themselves and to help these emotions to relax (refer to The Red Booklet no.1).

Emotions and anger are allowed to be there! (Refer to the exercises in The Lilac Booklet no.7.)

They need not however be forcibly encouraged.

Further help to regain the correct balance of emotions after the occurrence of the abovementioned emotional excesses are:

To breathe as relaxed as possible.

Breathing through the nose can be promoted by applying remedies such as Lavender, Eucalyptus and/or Pepper Mint Oil to the upper lip.

This enables the breathing to become deeper that, in turn, gives a feeling of being more awake and alert with more inner freedom.

This also prevents stagnating thoughts from sticking in the head.

When you entertain fewer thoughts that cause tension in your head and heart, your breathing will be less blocked.

Stimulate the energy centres in your feet to reduce tension and allow these tensions to flow out of your body

When one has had a hard day the feet deserve great attention. This is true even if you did not need to walk great distances!

Various methods exist to help let go accumulated tensions caused by a tired body or due to the result of negative emotions (fear, anger etc.) flow out of the body via the feet. Massages, treatment of acupuncture points, footbaths and esoteric oils can contribute to the relaxation of the feet.

Tips:

- **Force yourself to take deeper breaths and to consciously feel your feet.**
- To assist you to feel, again gently and continuously **bite on your tongue.**
- Then, **massage your ear lobes.** This may require a bit of getting used to as you may find this unusual or comical.
- Start to **exhale, exhale, exhale and exhale.** This stimulates you to re-enter the real world. This does not dissipate (stop) the shock but enables you to cope with it more easily.
- Take **Rescue drops every 10 minutes.**
- It can also be helpful to **rub your coccyx until it feels warm.** You can also do this for others who are in shock. When your coccyx is warm this activates the flow of energy to the legs and to the soles of the feet, whereby the impressions of shock can exit the body via the soles of the feet.
- Next do the name calling exercise mentioned below in point 6.

(Refer to The Red Booklet no.1;6 Care of the body).

Stress and Shock:

Besides that emotions are difficult to control they can also become *blocked* as a result of great stress and shock.

To, for a short period of time, feel nothing in a crisis helps one to survive and also increases one's survival chances.

Many people who can no longer tolerate matters are in a state of shock and bewilderment. This makes them lifeless and passive. When you recognise within yourself that you hardly have any feelings left due to experiencing a shock, possibly due to being confronted by a tremendous emotional situation that you cannot process, the following tips may prove helpful

6. Powerfully centred in your own body, in your own "I" and in your own "name"

Be sensitive yet powerfully centred in your own body. Centred in your "me" and in your own name. This directly strengthens the immunity.

Tip:**The name calling exercise:**

Calling out "I" and then the name of the person, or the name of the body of and then your own name, as this resonates throughout the body and activates the system, just like an echo does, or the resonating sound of music in yourself.

This has as a result that the sensitivity, the tenderness of the skin, does not decrease but is strengthened instead, whereby penetrating outside influences have less chance of entering the body.

Thus, what does not belong to you is not absorbed.

When you perform this exercise on a daily basis you strengthen your self-consciousness and stimulate your own self-worth. Your energy household (also called the resonance of magnetism) of who you are essentially is strengthened in a more authentic way.

Tips:

Use your breath and stand open to positive thoughts. When you have more time to help yourself in processing all feelings and negative thoughts and to reduce tension in your body, you can do the following:

- Concentrate on your breathing, do **not judge** how you breathe and do not use extra energy to breathe "well". Just note whether you breathe high up in your chest or low down in your stomach, whether you are tight chested or breathing freely. Just let your breath go in and out.
- To consciously focus your attention on and be aware of tension fields in your body. This can be painful. Just let go what you are experiencing and accept **what is!** Both physically and psychologically (refer to The Red Booklet no.1;10).
- Becoming aware of what the tension is doing to you will suddenly make itself known to you. This is a normal spontaneous process. Sometimes it will recollect a similar tension filled experience from the past.
- Becoming aware of these tensions will help **soften** these feelings, **whereby** more positive ideas and thoughts, oft creative solutions, are freed up.
- These positive effects can be achieved especially when you think back upon what to you were **pleasant moments**, or situations where you were proud of yourself, or other things that make you happy (spiritual resources).
- Strengthening your energy field by focussing your attention on and breathing towards the **hara field (the region around your hara-point)**. Place your hands on your hara-point, this point lies three or four fingerbreadth below your navel. Imagine that when you inhale you send the breath to this area. Not the air stream is directed towards this spot, but, instead, the vibration, the magnetism of the breath. (For further information refer to prana in The Indigo Booklet no.4;2.) In other words: You rebalance your energy field. The hara-point is the centre point of your body. When you are adequately aware of this spot and you focus your attention on it, your energy (aura) field becomes more equalised and stronger and better equilibrium is attained.
- Avoid hurriedness; take adequate rest, if possible, and for example, think things through before taking action, take as much time as possible to make decisions.
- Keep your "I" feeling in tact, remain standing in your own shoes.
- Meditate in your own manner (refer to The Lilac Booklet no.7;6).

The fact that this exercise is mentioned in both The Red Booklet no.1 and The Orange Booklet no.2, is an indication of the great importance of this exercise. It has a far-reaching effect, possibly far greater than what you would originally have thought. Try it!

Refer for a more detailed account of name calling and read up on the deeper meaning thereof in The Lilac Booklet no.7;8.

7. Preventative exercises and taking cognisance of protection possibilities with due regard to epidemics

(Also important for preventative action in general)

What has been discussed thus far can also be applied where there is an epidemic. Here follow some additional tips:

Tips at a physical level:

- Pay attention to your bodily care, as much as possible.
- When you feel thirsty, take this seriously.
- Be alert to changes in your body, like excessive blinking of the eyes, coughing more etc. and deal with this phenomenon. They could be signs of impending illness. This advice may be superfluous, but when confronted with a calamity one too often focuses attention towards the outside and too little on oneself.

8. Dancing, playing, singing and humming

Music has inherent 3 aspects: Singing, playing and dancing.

All 3 represent rhythm and all three deals, in one way or another, with the creation of mood. What is the effect of music? The effect that music has on people is that they tune into the rhythm thereof, which, in turn, regulates the person's rhythm.

It is the tone of the music that touches the person's inner self and allows them to rise above depression and despair. In The Yellow Booklet where we deal with creating emotional balance, attention to music certainly is in the right place. Music reaches via the ear the heart. This then refers to The Green Booklet no.4, wherein is discussed experiencing and acting from the heart, and to feel and think from the heart.

When we are absorbed in rhythmic music we have the tendency to start moving that can eventually grow into (freeing) dancing.

There are games that embody both song and movement. This form of **play** is adjoined after a period of time by pleasure and a freer feeling in the body.

Those who move, move towards the future

Dancing:

Dance brings about lightness and airiness.

The dance brings connection to yourself and others.

Dancing brings about *connection with The Source of Life*, with the cosmic power.

Since when man can first remember this is a shared experience.

Each culture has its own type of dancing. The dance has been given to man to connect with the situation in which he finds himself, with each other and with The Higher Dimension. Connection with a forward striving world.

When there is a calamity there is the possibility that people become apathetic and don't move. The options are to embrace the fight or flight response or to turn inwards and you dare not move.

When there are signs of apathy, then dance offers a superb opportunity to invite people to forget about their stiffening limbs and to resume movement.

Cross-cultural understanding can also increase.

We move from one place to another or from one person to another. Those who move, move towards the future.

What can also engineer rest/peace is, to move in cadence (measured movement of sound), moving your trunk forwards and backwards, either sitting or whilst standing, just like you often witness children do, or when seeing people move when the music touches a chord in them.

It is a form of transformation, a ritual movement. We can dance to give expression to our inner feelings with gestures.

Dance frees our life energy.

With dance, music and singing are intertwined.

We can dance in silence.

We can dance to the sounds in nature.

We can dance to the sound of the wind.

We can dance to the sound of bird song.

We can dance to the sound of drums.

We can dance whilst we hum or sing.

We can dance to all types of music.



Humming

Humming rebalances the spirit and reduces feelings of unrest. The musical vibrations that are associated with humming helps bring more stabilisation in the body cells and in the heart.

Experiencing beauty:

Keep an eye open to beauty and the experience thereof. This provides inner space and is heart warming. Seek out natural elements that engender joy. For example, divert your attention to the flowers, the birds or the sky. Bring close everything that moves you. Seek out or play music from which you know that it touches you, even if this is only in your memory. One always has a favourite portrait or painting or a favourite object, for example, a beautiful spot in nature where you like to be.

The intention is to let the power of beauty get its grip on you. When you are feeling incredibly gloomy, you have to search very deeply in you memory to find or feel for what you categorise as beautiful. Take in everything that reminds you of this wonderful feeling. If not present in reality, it may also be found in your fantasy and imagination.

When you concentrate you can recall many images and memories and replay these in your mind.

The emotional climate can be improved by reassurance, singing (**also very important for children**) and loving attention.

9. Types of disasters

Natural disasters:

A natural disaster is shocking and causes feelings of horror, dismay and powerlessness.

When the first disorganisation is over, only then can the mind start to slowly process information constructively and contribute what needs to be done.

What can one do positively and with constructive thinking?

For example: Nature, after a natural disaster, may possibly develop more beautifully than was possible before the disaster. This renewal may appear to be strange. Yet it is important that people address this phenomenon in a gentle manner whereby the impulses that caused the renewal are recognised and make people more aware on a deeper level.

At the same time this leads to new possibilities, in one form or another, developing, that may be given a new structure and thus offer a new lease on life.

There will always be people who immediately recognise and feel this renewal. The air density may be different as may be the composition of the earth. The biotopes that survived the initial shock will, after recovery, develop in a new more vital manner. In other words, the earth will be more fertile and that is beneficial to new growth.

This is not the case for earth affected by a nuclear disaster or that was flooded with salt water.

The survivors will also be influenced by this phenomenon. It will never be the same as before the disaster, yet how it will be greatly depends on the people and how they deal with the new situation. When people are more conscious and aware of their self-worth, they are capable of much more than before. Should this not be the case, then it will take a long time before resilience is found again.

A disaster as a result of human failing:

Due to the failing of others, the victims are susceptible to aggression as a form of over-emotionality. A group reaction of aggressiveness can be broken by positive and constructive togetherness. When one does not do this, and not clear out the inner feelings of wrath and anger towards the "culprit", then the consequences can be dire (bad). See The Orange Booklet no.2;8 for more information. When people cannot shake off the feelings of anger and wrath, this can result in endless worry, thinking and talking about what has happened and the people who were the cause thereof.

Using rituals may help to reduce or getting rid of frustrations and to give "a place" to the negative experience that the community is processing and has undergone.

Many different religions have such rituals.

Singing and dancing together can be helpful, with for example, symbolic gestures that can express various feelings with the appropriate accompaniment of music.

Examples to help reduce anger and letting go of tensions are:

- Stamping on the ground angrily with your feet.
- Let sounds roll freely in your throat (make your own "sound").
- Demonstrate resistance by moving the shoulders loosely, to literally shake the burden off your shoulders.
- Hum to release clinging thoughts expelling them outwards in sounds or words, the sounds released from deep inside the throat.

Before these exercises can be done seriously with the desired effect, they need to be practiced.

A disaster as a result of terrorism:

The perpetrator is normally not at the scene of the disaster and therefore cannot be attacked or criticized by the victims who would often wish to do this as their first initial reaction. This may result in endless worrying and thinking about the happening. The human mind also tends to exaggerate the happening.

This negative energy consumes a lot of energy and can lead to tension in the muscles and head.

Once again the information in The Red Booklet no.1 and The Orange Booklet no.2, underline that a deeper understanding of the underlying causes for the attack can reduce or soften your own feelings of anger.

When one assumes that we are all bound together, either by our ancestors of history, we will not remain vengeful for too long. At a deeper level our parents, our country or we may also have indirectly played a role in what has happened. When we study history much will be revealed to us as to the possible underlying reasons. This does not absolve the perpetrators guilt, but can help us as victims help ourselves and others seek out positive possibilities to continue with our lives of to rebuild our life etc.

You can then more easily turn your back on the events, as we need to move forwards. We then have more energy available for rebuilding and for the grieving process.

The suggestions on how to deal with anger, as mentioned above, can have a supportive effect. Also refer to the texts in The Red and Orange Booklets and in the general introduction.