

# Awakening Your Everyday Wisdom: Video #5 – Conspiracy Theories

## Handout

The key is to refrain from fear or panic. I believe we must stay healthy and calm to deal with whatever may be occurring in our collective reality, and more importantly, our subjective reality. And most importantly, keep your faith in love.

### Possible Action Items:

- Check out the Wikipedia List of Conspiracy Theories
- See if there are any theories that attract your attention
- Use some type of analytic tool to help you determine which ones are worth your time
- Research the ones that stimulate you emotionally (even if fear is the initial emotion)
- Decide if you need to take action. Actions could be simple, like talking with loved ones about different conspiracy theories (even if they say you're crazy). Or you might get involved in social action to address the consequences that may be facing humanity.

### Ways to Maintain your Balance and Avoid Disillusionment, Emotional Burnout, and Slavery:

- Make sure you get enough rest
- Eat the healthiest diet you can
- Remember that light and darkness exist in everything and everyone
- Trust your concept of the Divine; pray and ask for inner guidance
- Know that there is a way to combat hatred and evil with love and goodness by being loving and good
- Even if your first reaction is fear, do not let fear drive you – it will not help any of us. And if there are people or aliens trying to dominate us, don't give them fear to feed on
- Listen to your heart; follow your heart; activate your heart energy; protect your heart; and love your heart
- Engage in creative activities so you don't lose touch with the right side of your brain
- Look for joy in the everyday aspects of life, even if it's only joy in finding one tiny dandelion, look for joy everywhere
- Give yourself time to process and think; meditate, pray
- Do not let yourself become a slave to unsatisfying work and consumerism. If the cabal is really there, they probably want you to be caught up in in the capitalistic rat-race because that's the system that makes them wealthy
- Get out of debt. This could take a couple of years, but it is time and dedication well spent. As long as you are a debt-slave paying interest and penalties, it is difficult to be creative with your life force
- Build your personal support system. It's a challenge to Awaken Your Inner Wisdom alone.

Here's a quote from Lesson 24 of the Course in Miracles: "It is from your peace of mind that a peaceful perception of the world arises."