The only way to achieve a permanent change is non violent action.

Whatever we feed with our energy grows, and whatever energy we send out will come back to us, amplified. Thus, fighting can only result in more struggle. Yet, we cannot continue to let people do to our planet whatever suits them, *because our natural habitat is in danger of being destroyed*.

So now what? What are we going to do about this? What *can* we do about this?

RECIPE

"I bless you and

Know that the Holy Spirit is also in you

and gives you peace and harmony."

If you think these words or speak out these words to a particular person (in silence) you do a number of things:

* *I bless you* - every human being has the power to bless and you can simply do that.
* *and Know* - you don't believe it, you KNOW it! That is something entirely different.
* *that the Holy Spirit* - all of us are in the same One Field. You may want to use another word or perhaps may want to leave out the word "Holy". That is fine. You can use any expression you are comfortabel with as long as you remember you'll want to express you are sharing the One Field with the other(s) you don't feel any resistance for thinking you are lying.
* *is also in you* - you connect with the other person and in doing so the judgment and the emotions associated with that judgement will disappear.
* *and gives you Peace and Harmony* - you are simply telling the truth here. The vibrations of peace and harmony are everywhere in the void, and therefore *have* to be within all our atoms as well, and therefore can be brought forth anywhere in our reality.

This will actually do, but if you would like to do more after having used the recipe as explained above, you may want to focus your attention on the leaders/owners/person(s) you wish to enable to express greater harmony in their lives/actions. We actually see what we believe and we can change our beliefs. You can imagine our "enemies" to be caring fathers and grandfathers, women who love their husbands, all of them having people who really care about them, or whatever else you can imagine to see their good sides.

What do you thus achieve?

You strengthen the energy of love within yourself and the person you are sending these thoughts to. Doing so literally changes your own frequency and his/hers to a higher one, closer to the Source. The interaction will change instantly and this change will be reflected in the behavior of the ones concerned. You can try this out in your own environment if you want. It works the same way on every level.

The key to the shift will be complete amnesty

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