

Dear Interhelpers and friends,

Having seen the previews to the upcoming film 2012, I think this message from our Interhelp colleague Sarah Pirtle is wise and important.

Thanks for your attention.
Paula Hendrick

A movie called 2012 is about to send unhelpful images and predictions. It's a different level of disaster movie because it's about a time period just two years away. As we move toward the actual year of 2012, it matters how we hold our visions and how we build our local communities.

That movie could add to numbness and hopelessness, and we don't need more of it, but if we get other conversations going, we can hear many voices of possibilities to bring us together and suggest how to move forward. People are already painfully aware of social and ecological breakdown. Strong media images can spread the destabilizing virus of fear. That's a virus we can do something about.

In the early 1980's a movie about the aftermath of nuclear war called "The Day After" was shown on TV. Knowing that this movie virus was on its way, local meetings were organized in advance around the country called "The Day Before" so that people could connect and change the kind of grim isolation the movie depicted.

Weekly, here in western MA, a group of people gather to talk about 2012 as a time that is pregnant with possibility. The suggestion is, wherever we are, that we stir up conversations about 2012, surface our hopes and fears, and discuss the kind of 2012 we want to be part of creating.

This is a time period when we need encouragement. I heard voices like this in our discussion and want to pass them along.

- * What if 2012 is an opening?
- * What if you focus your attention on your intention to be part of a positive force?
- * What is one action that you can do right now that lines up with your visions for making things better?
- * What kind of community future do you want to be part of?
- * How can you visualize the people all over the world who send you encouragement?
- * How can we make room inside ourselves for more consciousness and new energy?
- * What if there was a door that you could open at any time that gave you daily help in living from the values you cherish most?

Let's offer each other empowering questions and messages of grounded hope and spread them like flower seeds.

When a seed is starting out, it doesn't need a rock placed on top of it. Disaster predictions are like that rock. Our lives have meaning when we are able to plant ourselves in a larger story. What story do we want to have holding us?