

9. Keep your own sense of spirituality.

Make time and space for your own personal spiritual practice whether it be prayer, an organized religion, an ancient tradition, an alternative belief system, meditation, yoga, laughter yoga, communion with nature, or something else. We will need all of the gods and goddesses, and likely a bit of magic, to help us out of this mess. Beware the wooden boys and girls. They can suck you dry with their delusion and trust in uneducated rhetoric—they won't even know they do this. Find that place inside of yourself that knows what is true and real and right. And fact check it daily.

10. Remember: although this feels like an assault on humanity, it is not personal.

These guys are wackos; it's all about them. Although it may seem like it's about values or money or power or party lines or some other incomprehensible form of insanity, it may be about winning, and this makes it a different sort of game. Keep perspective. Keep strong. Speak true. Play hard. Laugh often.

Allow these new friends to keep you informed on their issues of focus and let you know where your own extra energy is most effective. Compare notes with other experts on your own issue of focus. Fact checking and continued research is essential to success, and required. Make sure others know what they need to know without crying wolf (except if it is for the very last American wolf) or adding to their activism burnout.

8. Develop a network of trusted experts.

Attend rallies, marches and protests whenever you can. Make these your social outings. If your issue is Free Speech, Racial and Ethnic Profiling, NEA Funding, Net Neutrality, Voters' Rights, or Immigration and you are at a Climate, Science, Education, Women's, Tax, LGBTQ, Anti-war, Workers' Rights or Healthcare march, take the opportunity to exchange information and talk about the issue you are championing.

7. Make your voice count by putting your physical body on the line.

11. Make art about your issue.

Allow your creativity to speak your truths whether via beauty, horror, the sublime, the abject, humor, bite or wit. Making art will help you to process and heal during troubling times. When you put your work out into the world, it will speak to someone else, and may help them to process and heal as well. Art is valuable as activity, object and experience. Appreciation for the Arts on all levels supports the diversity of expression in our shared humanity.

There are many positive and effective ways to be an engaged citizen. Find what works for you and support what works for others. Diversity in belief, practice and genome is the strength of our species and the reality of what makes America Great.

Tract No. 1

Written by Nanette Wylde
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Clean air is on the chopping block. So are our exceptional and treasured National Parks. Get out there and enjoy nature while you can. We may lose more than a few sacred, pristine preserves before this is over.

6. Remember to breathe deeply and often.

For example, "Is access to clean water important to you or are you okay with having to buy bottled water for bathing?" "Why should we devote to burning coal which not only pollutes the air but also harms coal workers, when solar power is clean, cheap and abundant?" "Seriously, what kind of person finds pleasure in killing baby cubs and pups in their dens?"

5. Develop a repertoire of poignant, factual, provocative talking points.

Even small donations can assist in the needed public awareness campaigns and legal battles coming. If there are threatened organizations that you will miss when they are gone—like PBS, *Save the Bay*, and your local arts venues—and if you can afford it, give them some financial support as well.

10 Things You Can Do in Troubling Times Like These

Because We Must All Do Something!

1. Keep up your health.

Eat clean, planet-friendly foods. Plant an edible garden as fresh, affordable produce may be on the decline. Exercise daily. Sleep eight hours each night to repair and rejuvenate both body and mind. You will need your health to live, endure, and activate fully. Plus, traditional healthcare may not be affordable or available to you in the future, so why not prepare to avoid the need for doctors now.

There are many reputable, non-profit organizations researching and advocating for most concerns. For example: *The Sierra Club, The Environmental Defense Fund, The Natural Resource Defense Council, The American Civil Liberties Union, The Anti-Defamation League, Planned Parenthood, Greenpeace, People for the American Way* . . .

4. Put your money, if you have it, where your mouth is.

There are so many issues, all vital and significant, that it can be overwhelming. Determine which is closest to your own heart and become an expert. Listen, learn, know, understand and prepare rebuttals to the opposition's arguments. Get educated, stay informed, advocate, and educate others.

3. Focus on a single issue.

Limit yourself to a few diverse media sources with thorough initial, critical research. Then monitor your usage, including social media, to a controlled amount each day. One hour maximum would be ideal. Listen to music instead.

2. Balance your media consumption.