

Dealing With The Flood

by Rick Ells

We are living in a turbulent flood of information, much of it incomplete, inaccurate, and misleading. New forms of communication, including social media and hundreds of news web sites, are often designed to provoke your feelings (anger, insecurity, outrage) rather than to inform. Here are a few suggestions for how to keep your bearings and stay in touch with the truth.

Take care of yourself - Eat right, exercise, set aside time every day to relax, give attention to any health problems you have.

Connect with others - Build your friendships, participate in community, engage patiently with others, taking time to listen beyond words and speaking truth from your own heart.

Value your own leadings - Pay attention to your own sense of what is true and nurture that sense. Connect with things that touch your heart and Light, whether gardening, climate change or homelessness, and focus on those things. Let others, following their Light, connect with other topics.

Learn to recognize fallacies - Language can be manipulated to mislead and block communication. Spend time with friends reviewing rhetorical fallacies. A good summary is available on the *Information is Beautiful* site at <http://bit.ly/1gyeiCa>. Make a game of it. Take a simple truth and see who can come up with the most misleading statement about it then have people guess which fallacy they are using.

Scope your efforts - You don't have knowledge and skill in every field. Let your heart and leadings show you what to focus on and go deep and long there. Better that you are informed and your views are well considered than if you superficially skitter across many topics.

Live in hope and love - News headlines and social media memes are often created to provoke strong emotions. Staying in touch with your own soul and heart will let you see past their manipulations. Love thy neighbor, no exceptions.

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