

Global Events: How to Make a Positive Difference

As we hear more news from around the world that is tragic or saddens us for the lives of others and their families, we have choices.

We can see what we can do to help. For example, donating time or clothing for drives to help those in economic and physical danger and disaster.

We can spread the word and have our family, friends and co-workers join in our cause to help send supplies or donate funds.

There have been studies done saying that people's prayers can affect other groups they are praying for in a positive way. This can be in the form of positive thoughts, it need not be a religious prayer.

We can work on political causes and lobbying where we can have influence, so that companies and plants that might be of potential harm or danger to ourselves or others are not built near residential communities.



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Be the change you wish to see in the world.
-Gandhi



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Personally, certainly we can grieve for the losses of others or ourselves when tragedy strikes, as in Japan.

Then we owe it to ourselves and those around us to begin to address and improve any situation we can have an impact on.

If we remain positive when negative events are happening, we can do some good for those around us and ourselves. This may be personally; with our friends and family, locally; in the community, nationally or in the world at large.

What can you do and whom would you like to influence or impact? What greater change would you like to see in the world?

First dreams seem impossible, then improbable, then inevitable.
-Christopher Reeve

Personally, are you living these philosophies? Do you act when called upon to make a difference in your community or volunteer when a group needs you to help? We may grossly underestimate our ability to make a change in our lives, our surroundings and in the world.

Who do you know that is in a position of power that could effect a positive change in the world? Are you in touch with them to make those changes? Do you have a group you have been wanting to impact or help and you are waiting to do so? What are you waiting for? Action is always best done in the present moment.



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Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong.
-Ella Fitzgerald

Katrina Greene, MSW

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