

Babies, Guns, and Life and Death; How Feeding The Anxiety Demon is Destroying a Nation

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By our own unwillingness to work together to define unified plans to address the issues in our world, we invite the anxiety demon to take over our lives. In the end, it might well be our undoing.

At no time in American history, have we seen so much emotion, division, and disunity. On June 24th, the Supreme Court overturned Roe versus Wade, while at the same time, the Senate passed the first major federal gun safety legislation in decades. Other social issues like racial, gender, and religious discrimination continue to command the headlines, while unprovoked violence and death permeate an increasingly unstable national climate. Underlining every one of these concerns, is a rising level of anxiety in the nation struggling to work its way through a crippling pandemic.

The reversal of Roe versus Wade has added fuel to a human rights fire that runs at the core of the right to life/women's rights conundrum. Challenges to the Second Amendment and the right to bear arms have found no common ground in a world that has become a dangerous and terrifying place to live.

With heart in hand, and fists pumped, we continue to wage war against those whom we believe are making decisions that impact our lives, laying waste to our human rights, as we perceive them. *If they are not with us, they are against us!* We have become a nation not only steeped in internal division, but we have also begun to embrace that foreboding world.

More important than the issues themselves, it's the willingness of a nation to embrace division, and an oppositional style of life. In a dynamic and continuously evolving world, we will continue to be faced with change. There will be times when we can easily embrace that change, and challenging times when we feel as though we cannot. It seems as though we are no longer working to become one people. We have become a nation that feeds on shock, anxiety, and dramatic circumstances. We seem to be in relentless search for the next societal

battleground. The question isn't whether or not we will survive the issues, it seems to be more about whether we will survive.

The problem is not that we disagree, or who is right or wrong in any issue. The problem is that we do not have an honest, trustworthy, communication system that allows for expression of ideals, without judgment, and with the focus on resolution of those issues, and a healthy unified movement forward. Every child believes they are right, and that the world is unfair when they don't get their way. They act out because they have not developed the intellect, and the desire do broker situations which require more advanced communication skills. We, like children, do not seem to have our intellects poised to develop and implement a solid foundational communication system that can move us past the anger, hatred, and subsequent disunity that is destroying us.

Emotions have taken over the discourse, while our anxiety, constantly fed by an intellect overtaken by negative emotional energy, continues to escalate, and we are becoming an intellectually challenged nation. We have become a win-at-all-cost people, hell bent on destroying the other side, and driving our point home, regardless of the collateral damage our actions may cause. Leadership in this nation, rather than using its influence to develop that so important communication system, has jumped aboard the anxiety train, and is using it to further its own spurious agendas.

We cannot make an our need for an emotional conclusion to any argument more important than the warm, communicative process that can take us there. The Second Amendment, Roe versus Wade, and all the other social injustices which are affecting our nation, are symptoms of a greater problem. We do not communicate efficiently. We do not communicate warmly, and we do not communicate honestly. We formulate our conclusions, then, with reckless abandon, we emotionally attempt to drive them forward, in a misguided attempt to get what we want at all costs. It seems as though we are more afraid of the trust, the warmth, and the honesty that we must give, and receive from each other, than we are of the pain that we will inflict with our win-at-all-cost tactics.

If we are to survive as a nation, we must learn how to communicate honestly, warmly, and with trust. Before we trust anyone else, however, we must learn to trust that we, ourselves, are willing to lay down the swords, leave the war room, and embrace each other with love and respect. The warm communication that is needed to unify our nation does not exist in a world of hatred, mistrust, and

small picture thinking. Each individual must make a decision to rise above this way of thinking and behaving, and understand that we, as one people, are more important than the issues we believe are dividing us. We must stop feeding the anxiety demon before it devours us. It will either be our ability to communicate warmly, with efficient unification as the goal that saves us, or our undoing because we did not.