

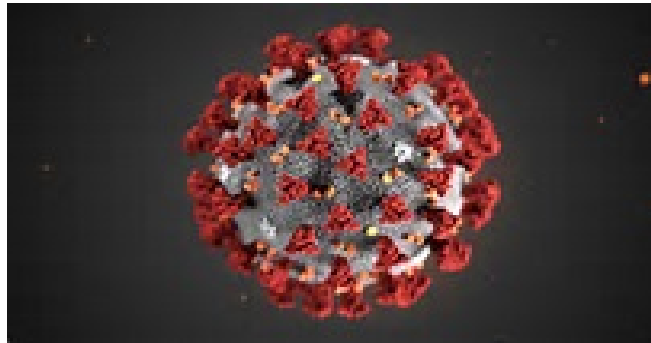
CHARLYNE GELT, PH.D.

Encouraging Self-Discovery and Empowerment



In the Crazy World of the Moment by Charlyne Gelt, Ph.D.

***Genuine beginnings begin within us, even when
they are brought to our attention by external opportunities.***
William Bridges



In the crazy world of the moment, we also need to bring smiles:

http://assets.evie.com/asset/cc1afc44ee3cdaac9ae2f354f834dd30d7aa343e/video_inline_h540

The Coronavirus, an alarming external crisis has shocked citizens, has brought the world's population to quiet isolation, and Americans to their knees. People are sick and dying in every country. Workers on the front line are sleeping in their cars to protect their loved ones from this dreadful virus. Suddenly, there are no appointments to miss. No groceries to forget, to-do items are on hold. The world is in turmoil, fighting an unseen virus, illness, sadness, unemployment, and loss of life. How could anyone feel calm?

When it comes to the physical world around us, it often takes a crisis such as a tornado, earthquake, or flood, to shake us up and make us grasp that something must be done. Undercurrents of disaster can stare us in the face for a long time before we finally take action – such as building safe rooms in tornado country, retrofitting homes and buildings in earthquake prone areas. When 'flight' is not an option, then a magical calm can happen, lifting off a weight — the burden of the daily struggles. "I found peace in the silence and it gave me time to look inside and self-reflect", states Anna. It is empowering to define our needs versus the media's pressure to acquire advertising generated wants. It is empowering to recognize the emotional bond, the invisible ribbons, and toxic internalized messages we swallow to survive and compete. If we are listening to our hearts about what is brewing underground, we can break free from the pressure of toxic relationship patterns as well. Crisis can open that doorway!

But What About Toxic *Emotional Environments*

Unlike the Coronavirus, toxic *emotional* environments are not due to bureaucratic bungling. However, they are as toxic as the COV-19 virus. They are unseen but *felt* emotionally. Repeated "slights" or a "cold shoulder" from someone you care about or a "heated argument" can be painful and can have a way of making us feel guilty about nothing. Often this occurs when *immature*, controlling warrior energy rules the roost, resulting in resentment and dependency that leaves little room for loving or affection. Even when angry outbursts are not physical, that energy is

as toxic to the relationship as a virus! Communication styles that use shame, put-downs, or verbal abuse, mean everybody loses: self-esteem, intimacy, trust, security, autonomy, and independence.

Cynthia, was a 40-year-old wife and mother of two teen daughters when she realized she needed a husband to love her, not treat her like an object. She states, “Up to a point, I was perfectly comfortable with relationships that replicated the lack of communication, the rage, and the frustration that I’d witnessed in my family growing up. It was a real comfortable old shoe. But then one day I realized, “No, that’s not comfortable at all. No more””!

Like Cynthia, we often fail to recognize the unconscious story behind toxic emotional environments, the residue of the past that gets played out in the present, resulting in a perpetual state of chaos, confusion and fear. The big question is, is the crisis an event, or is it ongoing? Ideally, crisis, can become a turning point, a path of awakening, a chance for self-reflection, and opportunity for growth. They become turning points that lead to change so that our lives, our emotional environments, become more joyful, caring, and more meaningful.

Hard decisions

Crisis, in this case the COVID-19, is the vehicle during which we get to **evaluate those toxic beliefs**, opportunity for growth; a time to rethink what really matters turning our attention to making this crisis “an Event” that evolves into a breakthrough — a positive move for humanity rather than simply a tragedy for us to get beyond. We can use this time of isolation to find peace in the silence, then rebuild and revitalize our outer structures to innovation in businesses and resilient communities.

Charlyne Gelt, Ph.D.



Resources

Food Not Bombs is about a “new” tool for sustainable agriculture based on ancient Jewish practices.

<https://www.yesmagazine.org/environment/2019/04/17/climate-new-tool-ancient-jewish-practice-sustainable-agriculture>

View below a review of a free app, designed by a psychologist, to help children with very big feelings and especially now with COVID 19. Comes with instruction for parents.

<https://www.techreviewninjas.com/introduktion-to-very-very-big-feelings-apps-for-child-emotion/>

Filmmaker Taika Waititi will lead celebrities in a virtual reading of Roald Dahl's James and the Giant Peach to raise funds for the fight against COVID-19. (Roald Dahl Story Company)

<https://www.youtube.com/watch?v=eX3Q5y8Dz58>

Like to virtually see some blooms! There are links to each garden’s virtual tour (click on its name) and some video highlights:

https://www.libraryjournal.com/?detailStory=8-blooming-botanical-gardens-to-explore-virtually&utm_source=Marketing&utm_medium=email&utm_campaign=may13>YourHomeLibrarian

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[Links to Virtual garden tours](#) There are links to each garden's virtual tour (click on its name) and some video highlights:

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Case Study: The Magnetic Pull of Minecraft

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