

# Insanity Of Not Calming Them.

By Jim Costa

Twenty five years ago a commercial flight crashed in the Everglades. A stewardess began rounding up the shocked survivors. As they walked around in the swamp she had them sing the first verse of Jingle Bells then pause listening for others calling out. Later when the survivors were interviewed, they all said that the singing calmed them down. That and the search for others gave them a sense of purpose to focus on instead on their own plight. Strangely the stewardess could not explain why she had them sing other than to keep them together in the dark.

If we have a collapse and if you decide to go it alone, it won't take you long to coalesce into a neighborhood group of at least a dozen for protection and mutual assistance. If this continues for several months the odds are that your group will contain some members separating from their pot, beer, cigarettes, anti-depressants and sleep disorder medications. At a minimum, some going cold turkey on anti-depressants may experience thoughts of suicide for awhile. But it is safe to assume that most of those off the anti-depressants will become depressed. Of course, we need not forget all of the normal people that realize their life has been turned upside down in a non-air-conditioned world with mosquitoes and fear.

Now comes the insanity part – we are going to strap a hand gun on all of them and feel more secure!

Needless to say, your group had better do something to calm all of the packers down. Our Fall-back farm of sixty persons has some plans in place now to accomplish this.

First let's deal with the depressed. Have them go on half medication to wean themselves and be sure that they have stocked up on St. Johns Wort as a replacement.

For thousands of years all across the planet, tribes have assembled for [dinner](#) to the tune of monotonous drumming. Scientists tell us that it changes the rhythms of the brain so that you are not angry or depressed. We have two drums of different sizes for this to be used by the most depressed or angry. The differing tones help in the process. It is also a great aid in meditation as the brain cannot process all of the sounds and blanks out. Here is a 30 minute soundtrack of what I am speaking of: Drumming See: <https://youtu.be/jDYv09xtN0k?t=24> See Also: <http://www.youtube.com/watch?v=TIwv3eh4Mq4>

I have spoken of this before and so will just mention it lightly. Group meditation heals and calms those around you. Two meditators acting twice a day can calm a group of 600 persons in the geographical area around you. This will be a great job for the feeble bodied residents. See this article on meditation:

Learning Meditation: <https://soundcloud.com/karmadorje/ancient-forces-timeless-sacred-sounds-instrumental-1-12>

We will then concentrate on training. We will teach all members how to use Roberts Rules of Order and Consensus methods of meeting procedure so that our meetings are calmed down. We will use the Proposal method of idea presentation with a team ready to assist a member in preparing a proposal. That method is a written presentation of your idea containing all of its pros and cons, and presented timely prior to a meeting. This cuts the discussion down to just a few points. When the vote is called it will be in reverse. Only the negative votes will be called. This means that those that haven't taken the time to read it cannot vote. This process also evens the field between the loud leaders and the introverts. The entire process is dependent on the written presentation rather than the personalities involved, making for a smooth and quiet meeting. See Proposal Writing <http://www.co-opvillagefoundation.org/pdf/Leadership%20Classes/Proposal%20Writing.pdf>