

## Neighborly Advice

*A big company moved to my rural area and a bunch of people from different ethnic groups did, too. This place is filled with closed-minded racists who complain and are rude. They embarrass and disgust me! The new neighbors seem more interested in keeping to themselves, not that I blame them with all the negative energy. I'm frustrated and wish I could move but I can't. Any ideas?*

**Dear Neighbor,**

The most detrimental heartache of humanity results from the false perception that we are different from or superior to other human beings. You are now experiencing this great challenge to our evolution and survival firsthand. In the past, such repugnant views ignited society into action. You are exactly where you and your neighbors need you to be and rather than leaving, you can, as Gandhi said, be the change you wish to see.

To effect change in your community, focus first on healing yourself. It's time for honest self-inquiry about your own judgments, fears and error beliefs. Your intolerance of your old neighbors mirrors their racist views of the new folks. The moment you recognize yourself in *all* the people surrounding you is the moment the unified field of love can get to work *through* you.

Rather than resigning to the idea that your old neighbors are hopeless and the new ones closed off, reach out. Dr. Roger Teel says, "A great life is where we so love life that we stand for it." Stand right where you are for what you value. Choose to be a conscious, active channel of acceptance and connection. A friend once coordinated a cul-de-sac potluck, inviting everyone from the houses near her. The activity of breaking bread together broke down barriers and created unexpected lasting friendships.

You cannot know the inner workings, history or motivations of others, and you can't control or convince people to behave as you deem appropriate. But you can live fully from your heart and be the example of love that each of us already is. That is the greatest gift you can give. Please don't hold it back. ☸



**STEF SWINK, RScP**, has been a practitioner since 1999. As a protégé and assistant to Louise Hay, she was a frequent ghostwriter for the "Dear Louise" column. Through speaking, spiritual counseling and workshops, she inspires others to create fulfilling lives they love. Connect with her online at [StefSwink.com/Ask-Stef-Submission](http://StefSwink.com/Ask-Stef-Submission).