

How to have a positive attitude in the face of long term primitive survival reality

Get interested in determining all the options at hand. Brainstorm for more and more options. Be in present time. Once the best survival option is chosen help to implement it in the best way you can.

Emergences bring people together and into communication and where common goals like mutual survival are agreed upon strong bonds can form. This is and was not possible in today's society of egocentric diverse reality and goals.

Be optimistic about all things. This is true because one can view and is aware of all kinds of possible futures and involvement by extraterrestrials and/or spiritual beings. There is a lot of attention on this planet at this time during this transition to higher density.

Being enthusiastic about a goal --- any goal can go a long way to lifting spirits of those around one.

Lamenting or dwelling on what one had or what was lost is wasted energy and being out of present time. Being in present time thankfully for what one has is a better attitude to have. Thankful to have made it as far as one has. Mankind or more exactly spirit-kind can adapt to any situations. The body is made of matter but driven by the spiritual beings which truly are the more important of the two. The spiritual being can not take anything made of matter with it when it dies. Thus what you have now or don't have now is not important. Only what your attitudes, thoughts and goals become can be taken with you. So why pay attention to the state of your body or the lack of comfortable survival that is around you. Use the pressure to survive to clean up your attitudes, thoughts, relationships with others and goals. Have something like this as a senior goal.

So survival is not survival at any cost to those around one. It includes them as part of the equation. It relies on responsible interaction interpersonal actions to be of high importance. Goals that include win-win for all life around one will ultimately bring up the attitudes of all involved.