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**Disenchantment All Around -- America under Siege**

**By Dr. Barbara Becker Holstein**

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I can only imagine that many of you are in shock, as I have been also this week. Today, listening on the radio as I drove, I heard it reported that 'Andy' supplied many American flags down by what was the World Trade Center. When asked about his donated flags, he simply said, "I save people, I save their spirits." I think that he captures what has to be each of our bottom lines, in what we offer ourselves and others. We need to think in terms of 'saving' spirits. This means our own spirits as well as being there for others.

Eventually new buildings will be built but it is really the human capacity to stay uplifted and the spirit to do so that is so precious and hard to hold on to in moments of 'terror'.

For me, although I didn't directly lose a loved one or friend, I found myself since Tuesday A.M. grieving and feeling traumatized. New York City has been my city for many years -- I went to college there, I saw my first Broadway show there, I return there often -- almost every week for classes, appointments, eating out, etc. In fact, just last Thursday I was walking down by Canal Street because I had two appointments right near the World Trade Center. It was such a beautiful, sunny late summer day. I was feeling so good, healthy and really aware of my good fortune. I would just stand at different corners and look around at the stores, the trendy restaurants and of course up at the skyline. I was so impressed with how clean and how safe it felt to be even in lower Manhattan! It was an Enchanted Moment for me.

How ironic! So my heart goes out to all of us. If we could, we should hug each other, hold hands and feel the warm of life that is so precious. The computer hasn't gone that far but we can each come up with some way to help save our spirits!

I also wanted to share with you what has really helped me this past week. I think I have taken consolation in the wonderful touching stories of miracles and acts of kindness that have come out of this tragedy. For instance, I heard about the men who carried another person down fifteen flights of stairs who broke his ankle on the way down! I saw the video camera recording that a physician made as he walked through the ashes offering assistance after the cloud of ash and debris literally overtook him. Talk about picking yourself up and just carrying on! I heard about the woman who 'accidentally' set her clock for 6:15 P.M. instead of 6:15 A.M. I heard about so many Jewish men who missed being there as they were late due to special prayers that are said one week prior to Rosh Hashanah. I heard about the man who sat down and finished his reading because the elevator was too full -- just when the plane hit. I heard about the fireman that literally rode down, like a roller coaster the collapse of the building and went down eighty something flights with only a broken leg. I've heard about Blood Banks full -- unheard of! So many miracles! So many acts of kindness!

These help my spirit. Also, over the years I have read about sending positive light into the world. I try as I walk along with beach to send love out from my heart to all the people who are suffering and actually the whole planet. It feels good.

Another thing I do is to try and talk to as many people as possible -- whether on the phone or in person. This tragedy makes me realize how much I love all of you. I don't want to be alone, not only because anxiety creeps in and bad things feel worse, but because each of you is so wondrous. We are so lucky just to be able to talk to each other and listen to each other's hearts. What a brilliant mechanism of sharing God has given us!

And of course, last but not least, I have given money, items and offered counseling time. I hope I can continue to give in many ways over the coming months.

I think a blessing is in order ...

Pray each of us be blessed the next few days with the companionship and the comfort that we need! May our world be blessed with rational, brilliant leaders who behave with wisdom over the next few weeks and months. May New York rebuild with joy and enthusiasm and may all who suffer find peace and the courage to heal!

Dr. Holstein is the originator of The Enchanted Self and a psychologist since 1981. She is the author of two books: The Enchanted Self, A Positive Therapy and Recipes for Enchantment, The Secret Ingredient is YOU! Dr. Holstein speaks on radio, and appears on television in NY and NJ. She gives lectures, seminars, retreats and audio interviews on LadybugLive.com and is in private practice in Long Branch, NJ with her husband, Dr. Russell Holstein.

## **AMERICA NEEDS THE LORD**

**By Irvin L. Rozier**

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Lord you spoke into existence the heavens and the earth  
Created nations, people and gave America birth  
Since 1776 America has been a free land  
Our forefathers recognized the creation of Your hand  
Many prayers for America have reached your ears  
You have kept her safe throughout the years  
You have raised up leaders for our nation  
For a season and a time them You did station  
Now it is the year two thousand and four  
America needs your presence even more

America needs the Lord to heal our land  
Please, O Lord, stretch out Your healing hand  
Without Your presence America would fall  
Because of this unto You we do call

Since America's beginning, we have had many wars  
We have lost many Americans, boys and girls  
O Lord, don't let those deaths be in vain  
Comfort their loved ones and heal their pain  
From Massachusetts to Oregon state  
Upon the prayers of Your people You do wait  
Your eyes roam to and fro throughout the country  
To show Yourself strong to those who pray to thee

You said if you shall ask you shall receive  
Deliver America, O Lord, from those who do deceive  
In the troublesome days that lie ahead  
Give us day by day our daily bread  
America is still under Your amazing grace  
Let us not forsake to seek Your face  
A great awakening is what we need  
To Your Word, O Lord, America must heed  
Greed and strife has a strong hold  
In the land of the free and the home of the bold

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