

## The Oil Drum: Campfire

### Discussions about Energy and Our Future

#### Take a deep breath

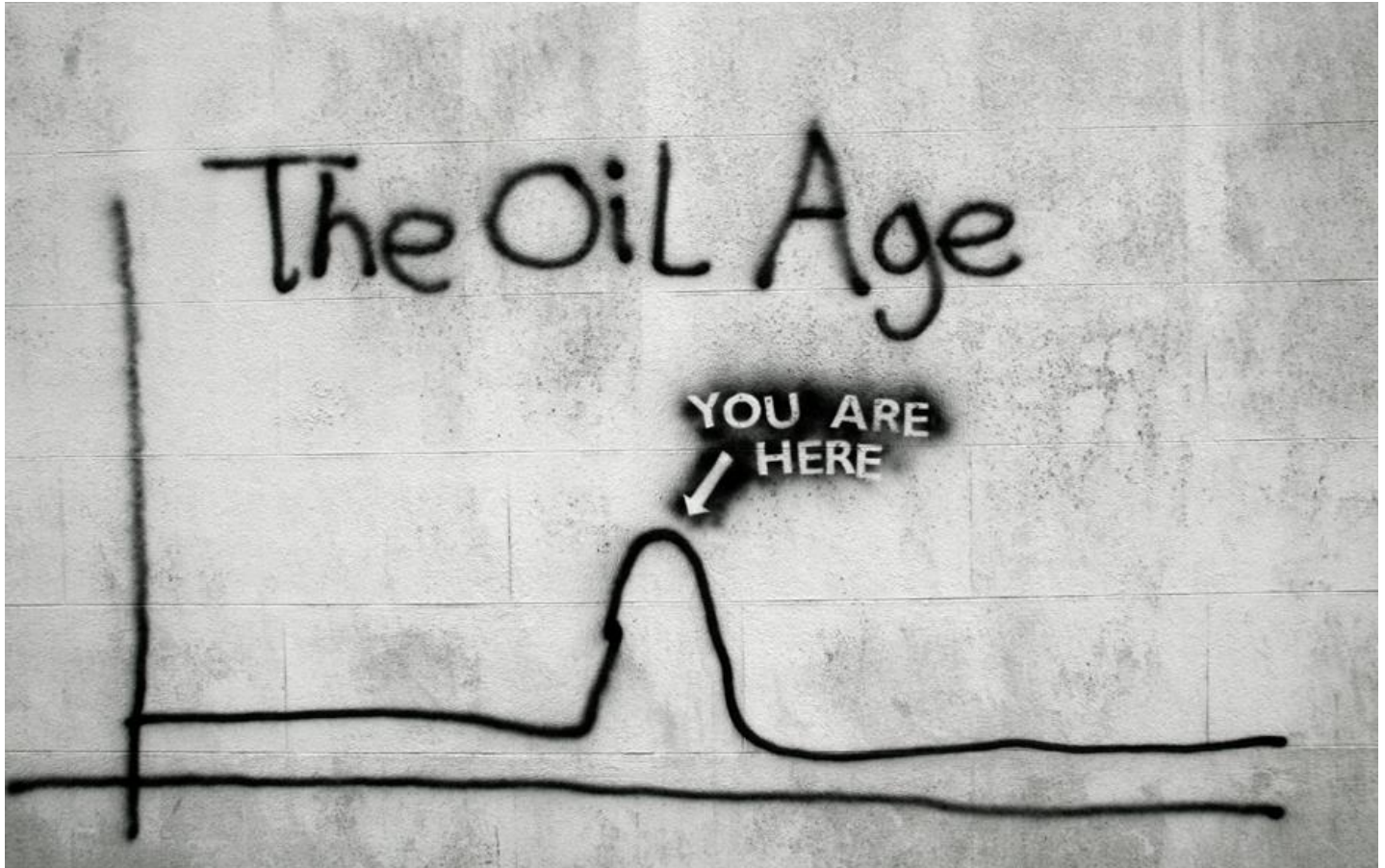
Posted by [Nate Hagens](#) on November 11, 2009 - 5:27pm in [The Oil Drum: Campfire](#)

Topic: [Sociology/Psychology](#)

Tags: [social psychology](#) [[list all tags](#)]

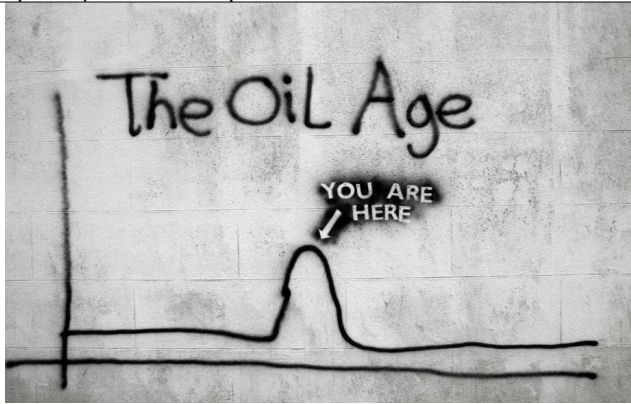
*The following is a brief guest commentary by an anonymous TheOilDrum reader on coping with general limits to growth anxiety.*

If you have your own Campfire topics generally related to resource depletion, please email them to the editors.



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I am an old man and have known a great many troubles, but most of them never happened. – Mark Twain

These past few weeks have gotten a little crazy, have they not? The IEA article in the Guardian is a sure step towards Peak Oil becoming an accepted reality for everyone in the world. I know I felt a mini panic attack when I began reading it, because for the first time I thought "man, TS is going to HTF **REALLY** soon!". The Fort Hood shooting was horrific, but to think that there have been 2 OTHER [shootings](#) in the same week is really worrying.

I was a bit of a worrier before becoming Peak Oil aware. I was one of those people that would sometimes get the reaction of "dude, you think WAY too much" when I would begin ranting about the state of the world. When I found out about Peak Oil, it was like God himself gave me the right to say to everyone "I told you so".

These days I find it ironic that I find I'm worrying less than I ever used to because I've accepted that things could go very, very bad and most of it is out of my control. Still, there are some nights when think of what *could* happen. WW3, food riots, martial law and die-off's are the worst things I associate with Peak Oil.

But I find ways to cope. My 2 main outlets are outdoor running/cycling and a little poetry/philosophy. I run as hard as I can, for as long as I can, and feel much better upon returning back to Doom.

A piece of poetry that holds a special place in my heart is Max Ehrmann's [Desiderata](#).

#### Desiderata

Go placidly amid the noise and haste,  
and remember what peace there may be in silence.  
As far as possible without surrender  
be on good terms with all persons.  
Speak your truth quietly and clearly;  
and listen to others,  
even the dull and the ignorant;  
they too have their story.

Avoid loud and aggressive persons,  
they are vexations to the spirit.  
If you compare yourself with others,  
you may become vain and bitter;  
for always there will be greater and lesser persons than yourself.  
Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble;  
it is a real possession in the changing fortunes of time.  
Exercise caution in your business affairs;  
for the world is full of trickery.  
But let this not blind you to what virtue there is;

many persons strive for high ideals;  
and everywhere life is full of heroism.

Be yourself.  
Especially, do not feign affection.  
Neither be cynical about love;  
for in the face of all aridity and disenchantment  
it is as perennial as the grass.

Take kindly the counsel of the years,  
gracefully surrendering the things of youth.  
Nurture strength of spirit to shield you in sudden misfortune.  
But do not distress yourself with dark imaginings.  
Many fears are born of fatigue and loneliness.  
Beyond a wholesome discipline,  
be gentle with yourself.

You are a child of the universe,  
no less than the trees and the stars;  
you have a right to be here.  
And whether or not it is clear to you,  
no doubt the universe is unfolding as it should.

Therefore be at peace with God,  
whatever you conceive Him to be,  
and whatever your labors and aspirations,  
in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery, and broken dreams,  
it is still a beautiful world.  
Be cheerful.  
Strive to be happy.

Max Ehrmann, Desiderata, Copyright 1952.

## Campfire Questions

- 1)How do you cope with anxiety in general?
- 2)How are you preparing mentally for when TSHTF? Is this more important than having a year's supply of freeze dried food in the basement?
- 3)What is one song/poem/story that can offer a moment of peace in this crazy world to you?



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