



139 W. Richmond Ave.  
POINT RICHMOND CA  
510.237.1199

1799A Fourth St.  
BERKELEY CA  
510.527.1945

275 E. Main St.  
ASHLAND OR  
541.708.0695



Devi wearing Outback

## Dear LoveTribe,

Kobe (my just turned 5yr grandson) was afraid to go out a couple of nights ago because "bombs could drop on him from planes". We don't have a TV, or watch news around him on our computers, but he has always absorbed what's "in the air."

As have we all. Whatever position(s) you take on this new heartbreaking situation, we're all in this together. The best we can do is honor this common ground, this is the air we all breathe.

I feel the heartbreak of all the families, all the children and how devastating it would be up close. That I can tell my grandson that there aren't any bombs in those planes, That he is safe ...

Or are we? ... As I write this, I just received an earthquake alert on my phone, telling me to take cover. Life in these times (according to the originator of Minecraft) will continue to look more and more like a computer game. Young (and all) people will need the skills of self-regulation and quick responses (which the originator believes Minecraft teaches through playing it, though I'm not going to comment on that right now). When the tree fell onto the side of the house close to Kobe, he immediately jumped under the table and put his arms over his head (it felt like an earthquake)... With the emotional regulation of "Holy crap, Holy crap, holy crap!" And then increased anxiety since, which he's learning to regulate. He is getting ready ...

Feeling the horror, regulating our emotions, and taking action.

Over the years I've learned (and with a 5-year-old continue to learn), that people need to practice regulation when triggered. The number one teaching for raising children, is, don't try and reason with them when they're in a meltdown or when you are triggered by them. They might need containment (in partnership) to keep them from hurting themselves and others, and/or if the parent is triggered might need to let the child know they need to take some space to calm down. In the larger picture, I believe we need to take a defensive position with Hamas, and also not an offensive position with Palestinians in general. There is no justification for killing innocents,



women, children. Otherwise, we are doing another form of the same thing we are condemning. While we search for a humane solution, negotiations with and/or containment of Hamas, we need to stop the bombing, and bring in aid.



Ashland LoveTribe looking deeply together in the comfort of our new Outback collection of Bamboo/cotton/lycra fleece and our "Prayer of Protection" tunics.

## Prayer of Protection Tunic



We design Outback collections with intentions of comfort, love and beauty. This tunic with the Hamsa, which is the Hand of Fatima in Islam and the Hand of Miriam in Judaism, it's believed to protect against all negative energies. We have put our heart in our hand (a symbol we've been using for 40 years) and "evil eye" (below hand) protection. Two versions, left or top with the lotus (which grows from the muck), new moon rising and balance of yin/yang.





## *Some other actions and voices:*



My friend Rabbi Sara, who also worked with us at Outback, over the years, has started a [gofundme](#) for her daughters who live in Israel and have turned their cooking class kitchen into a volunteer-run meal production for those in need, having delivered over 3500 meals in the first 4 days following the attacks of October 7.

I am praying for both sides to make peace and lay down their swords. I am praying for hearts to open to those on the other side and for the hate to be replaced with under-standing and care. I am praying for the safety of all children and grandchildren, and parents. Our prayers make a difference. Thank you for all you do.

With a tear, a song and a heart for peace, Rabbi Sara ?

### **Palestinian Voices**

I spoke with my Palestinian friend, who has the biggest heart and a deep and lived understanding of "choosing love." He keeps his balance even now, while running his successful healing center in Richmond, supporting family in Israel, trying to get his mom out, and being a husband and father. His daughter wrote her heart and mind in **this statement**. I agree with her that "We can support Palestinians while empathizing with the Jewish community's history of persecution. We can condemn actions that violate international law while acknowledging they don't represent an entire nation or faith. We can denounce violence while understanding it doesn't define a whole people."

Her co-worker also wrote a piece needed to be read about misinformation in **her post here**



### Our Future ...

"My drawing represents the land that binds us and unites us. Humans are woven together. If someone gives up, others fall. We are all connected to our planet and to each other, but unfortunately we are little aware of it. We are woven together. Other people weave alongside me my own story; and I weave theirs," said the young designer.



A competition chosen from 600 children around the world, won by 13 year old student, Anja Rozeno

And a couple of other empowering voices ...

And here is a story (from March 2022) that I highly recommend everyone reading, [What I didn't see as a Jewish Israeli](#).

And a good read to show a more enlightened handling for those blaming Biden for "siding" with Israel [read](#) ...

**Our love also goes out to those trapped in war in Ukraine, struggling with the aftermath of earthquakes in Afghanistan and those suffering devastating situations. May these tragedies bring the awareness of our oneness, not our division. Tears, hitting pillows and learning to hold anger and grief within love and compassion. *Deep breaths as we feel, regulate and grow with the flow.***

Be Fear - Choose Love  
xoxo Devi

PS Thanks to Liz Rosner for her contributions to this email

**Berkeley open Sun-Wed Thurs, Fri & Sat 11-6 [510 527 1945](#)**

**Pt Richmond Everyday 12-5ish [510 237 1199](#)**

**Ashland Hours: Everyday 11-6 [541 708 0695](#)**

---

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!