

To people who are poor or feel weak and suppressed, i have a secret.

This is av techique used by members of the totalist- labour movement and by

the strait edge anarcists, to get control over their lives.

It is to stay away from the poisons.

If you are poor or feel poor, and then you drink and smoke and take in other poison, it will make you poorer. If you are a family provider, and you do these things, you will drag children and family with you down the drain. This way, you will not get out of the poverty. This is something i have felt for myself, after providing Dyveke together with studying. Now, i have a second child coming, and it will also need me to stay well and healthy, and be a good family provider.

When a person scream and shout at other people, it makes them feel smaller. When they get older, they will in turn grow up and scream at the person who made them feel small, when they where kids. This is a way to destroy a family. This can go across several generations, and in many families, it does. It is a pattern that has to be broken. We will start with giving the elder people the dignity and respect, that they refused to give us, when they raised us. Then we will continue with giving the children the respect and dignity that we wanted to have for ourselves, when we grew up. When one person demand respect for himself, on behalf of the others, it is not fear. In a family, we all have to respect each other equally. It is not one or two persons, who should have more respect than the others, but an equal amount of respect and dignity should be given to all.

The thing is that i cannot afford to live with one person who is not adapting to the group. The regime that i have made works well for Dyveke. It will also work well for the kid that is coming. When i gather the family around the kitchen table every evening at 1900, it is a factor that stabilizes and is good for the family. It gives rest and health to eat nourishing food together, once per day. Furthermore, it fills a social and psychological dimension because it provides the social feeling of belonging

together with the group. It is a moment when we rest together, and lay behind the problems of the day. This way, it is a ritual, that is made in order to bind together the life wich society have made very hard and demanding for us. It is a resting place, and it is a way of holding the group together by filling up with at least one positive moment every day. By doing this, it provides strengthening for the group, and it makes the members able to stay together, also at times when things are not going so well. I will not stop doing this.

If one day, i choose to take a man or a person into my famliy, it will have to be a person who can share this regime. Who can go in and make the dinner half of the days in the week. Buy healthy food, and then prepare it with care for the group, and serve it to them.

When i choose this person, it will be a person who gives the same amount of respect to the other people of the family, that he demands for himself. A person who does not allow him og herself to get angry and explode in the center of the house, but rather a person who can admit guilt, take responsibility of his/ her own feelings and not let his/ her own bad feelings affect the rest of the people in the house. This conforms well to what my Guru in anarchy and poerty, Jens Bjørneboe said once, that we are all guilty for each other. But i cannot find the exact poem, now, so it will end like this, with this incomplete quotation that i am not yet able to place.

Peace and Love from
Ragnhild