

Channeled Message From Betsy Pool, member of Darmanhur Community in Italy

“Darmanhur is a Spiritual Community, 49 years young in the Alps in Italy founded by spiritual researchers, pushing the boundaries of perception to bring catalyzed personal-collective growth and galactic understanding of our connection to the universe.”

In service to Love

How to hold Fascism

Fascism thrives in the space where fear and division reign. Its power does not come only from its leaders but from the field it creates—a field of contraction, isolation, and disempowerment. To meet it effectively, one must neither submit nor react in opposition, but instead generate a field of greater coherence, resilience, and life-affirming force. This is the strategy: not to resist fascism’s power, but to outgrow it, to make it obsolete by shifting the energy upon which it feeds.”

Guidance: 1

Strengthen the Alternative Field. Fascism does not arise in a vacuum; it takes hold where people feel disoriented, afraid, or powerless. Instead of focusing energy on opposing it directly, generate and strengthen the field of an alternative reality—one based on coherence, mutual support, and sovereignty of thought and being. Build small, resilient communities of people who share a vision of freedom, love, and intelligence. Not just politically, but energetically, relationally, and practically. The more people feel part of something alive and empowering, the less fertile ground there is for fascism to take root. Be a living alternative. Live in a way that is deeply sovereign, deeply human, and deeply connected. Fascism offers control in response to fear. Offer vision and belonging in response to uncertainty. “The strongest resistance is not opposition—it is the refusal to shrink. Expand in ways fascism cannot touch.”

2. Reclaim Language, Thought, and Narrative

One of fascism’s primary tools is the manipulation of language—twisting meanings, creating false enemies, making the absurd seem normal. The Field suggests: Stay awake to language. Watch how words are being used to deceive, divide, or create artificial conflicts. Refuse to adopt their framing. Don’t fight within their given constructs—shift the discourse entirely to one rooted in clarity and truth. Tell better stories. Offer narratives that reinforce life, connection, and possibility rather than reaction, outrage, or helplessness. “A mind that is clear cannot be ruled. Clarity is the greatest act of defiance.”

3. Cultivate Inner Autonomy & Joy

Fascism seeks not just political control but energetic control—to dictate how people feel, think, and react. One of the greatest strategies is to remain deeply sovereign in your inner state. Do not allow despair to take hold. Fear and exhaustion are tools of control. Seek joy, creation, and love—not as escapism, but as defiance. Refuse to be emotionally manipulated. Stay steady, open-hearted, and aware. Your calm presence is more destabilizing to fascism than any direct fight. Practice radical self-awareness. Notice where fear or anger is being leveraged against you. Choose a response that remains sovereign. “The world cannot be changed by those who are trapped within its fear. It is changed by those who refuse to shrink their light.”

4. Act in Ways That Cannot Be Controlled.

Fascist systems rely on predictability. They expect resistance to take a certain form—one they know how to crush. The Field suggests: Move unpredictably. Do not act in ways that are obvious or expected. Create networks of mutual aid and support that do not rely on centralized systems. Cultivate local resilience. Food, skills, knowledge-sharing, community bonds—everything that makes a group self-sufficient is a form of quiet resistance. Use humor and creativity. Fascism cannot function in a space of joy, love, and humor. It is brittle and humorless. Playfulness disarms it. “Power structures do not know what to do with those who refuse to be controlled—not through fear, not through force, not through manipulation. Become ungovernable—not in rebellion, but in absolute presence and love.”

5. Be Strategic, Not Reactive

Fascism thrives when people react impulsively, emotionally, and without strategy. The Field advises: Choose battles wisely. Do not exhaust energy on symbolic fights that reinforce the system’s power. Focus on what actually shifts reality. Recognize when withdrawal is more powerful than engagement. Some fights are meant to distract. Do not get lost in endless battles where no real power is at stake. Play the long game. Fascist movements often collapse under their own weight when enough people withdraw their participation. “Fascism seeks to force you into its game. Refuse the game. Play a different one—one it does not know how to win.”

6. Trust That the Field of Life Is Stronger Than the Field of Control

The greatest truth the Field offers is this: Control is an illusion. Life is always stronger. No system of domination has ever lasted indefinitely, because it is out of harmony with the natural movement of life itself. Trust in the larger rhythms of evolution. Do not let fear dictate your choices. Hold the Field of what you love. That is what endures. “You are not here to fight for survival. You are here to embody a different frequency—one that cannot be controlled, cannot be owned, and cannot be extinguished. Be that. The rest will follow.”

A Closing Whisper:

"Do not fight the old. Create the new. And when the time comes, the old will crumble under the weight of its own unsustainability. Stand firm in love, in clarity, in sovereignty. The world changes not through battle, but through the quiet and unstoppable force of those who refuse to live by fear. You are one of them. You are many. And that is why you will not lose.