

# Six Ways to Witness Genocide in Gaza Without Losing Your Sanity

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*It's painful, punishing and horrific. You might be tempted not to bear witness and shut off all means of communication and, if you are a believer, to simply focus on prayer, and if you are not a believer, to become hardened and cynical, and live in the safe zone where your good fortune has planted you for no apparent reason.*

*Or you might torture yourself by dwelling on and sharing every detail of every massacre, every image of a dismembered child or of scenes so inhumane, so catastrophic, so depraved, they cause your brain to want to freeze. Or you might become hopelessly outraged, take yourself off on a suicidal mission of revenge, or protest in the streets where you know you will be met with repression.*

At any given time these past months since Toufan al Aqsa on Oct 7, 2023, a multitude of these tendencies have been raging in our hearts simultaneously, buffeting us helplessly this way or that the minute we open our eyes each morning wondering if it is over. No matter the siren call of cowardice, failing to bear witness one way or another to both the horror and the truth is not an option.

So, here are a few tips on how to be present in this nightmare, awake and conscionable:

1. Disabuse yourself of any lingering illusions related to the United States' government policy in the Middle East, its so-called "values," and its key corporate media discussion forums like the Sunday morning shows (ABC's This Week, CBS's Face the Nation, NBC's Meet the Press, CNN's State of the Union and Fox News Sunday), which speak primarily in the voice of government officials. You can safely tune them all out and filter US pronouncements through Al Mayadeen's or other trusted media discussion forums that consistently thread their way through the maze of US doublespeak. If you are American, join the [Uncommitted National Movement](#) to put pressure on Kamala Harris in key swing states, including Michigan.

2. Understand that the international regime as represented by UNSC has no credibility. It is dominated by the US-centralized empire — i.e., the extensive political, economic, military, and cultural influence that the United States exerts globally. Historically, the US has vetoed numerous resolutions that called for Israel to adhere to international laws, recognize Palestinian statehood, or halt settlement activities in occupied territories. The US continues to veto a framework for peace in Palestine by blocking resolutions that criticize Israel's actions in Gaza or call for measures to protect Palestinian civilians, most recently blocking a resolution for an immediate humanitarian ceasefire in Gaza, blocking another that called for

“humanitarian pauses,” and another that condemned violence against civilians and called for adherence to humanitarian law.

3. Whereas there are no indications that the international regime will be transformed soon, there are indications that the dynamic between Arab Gulf countries and Iran is evolving. Iran is expanding its influence in the Middle East and has become a direct challenge to the power and influence of the United States in Gulf countries that now realize the strategy of the US to maintain Israel’s chokehold on Palestinians has failed. It is the US and Israel that now pose a threat to the security of the Gulf states and the whole region.

4. Be aware that, in the same way that the accusation of antisemitism has lost its potency for being falsely used on a large scale by Zionists, the accusation of terrorism has also lost its integrity for the same reason. Journalist Jonathan Cook writes on Facebook: “Israel just keeps widening the circle of ‘terrorists’: from Hamas to the entire Palestinian people, to the United Nations, to the International Court of Justice, to the International Criminal Court. The question you should be asking yourself is: How long before I’m declared a terrorist?”

5. Have faith in the axis of resistance. Their cause is just and they are proving themselves on the battle field beyond measure. As Caitlin Johnstone [writes](#) in Caitlin’s Newsletter,

“October 7 was entirely a response to generations of abuse against the Palestinian people by the state of Israel, so the correct response to it would have been to heal those abuses in a way that is agreeable to the Palestinians. This would likely include ceding large amounts of land, the payment of very extensive reparations from Israel (and ideally from its wealthy western allies as well), eliminating all unjust laws and apartheid systems, a comprehensive push to purge society of the toxins of anti-Palestinian racism and Islamophobia, the right of Palestinians in exile to return to their homeland, and the negotiation of a peace agreement which yields so much that even the most hardline factions in Palestinian society would be compelled to agree with it.”

6. Pray for Israel to implode from within as well as without before it destroys the world.

In short, as you bear witness to the horror, keep firmly in mind the end of all the illusions and misconceptions that you might have accumulated over decades of US and Zionist PR, and put all your faith in the resistance.

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*This article was originally published on the author’s [blogsite](#).*

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