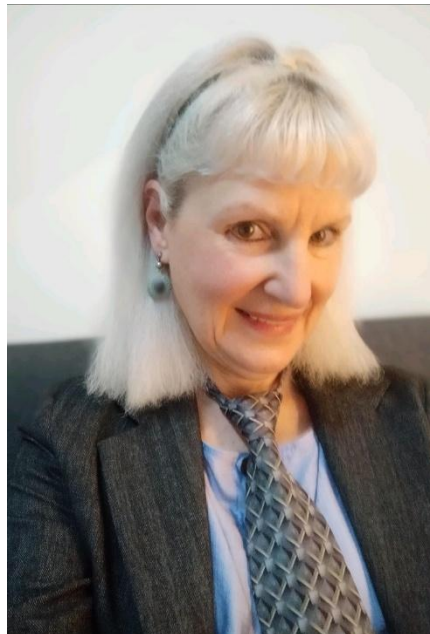


Living beyond the lens of suffering: Reclaiming our attention in an age of endless noise



UNIVERSAL
JOURNAL OF
21ST CENTURY
Women's Entrepreneurship,
Leadership, Technology & Publishing



Sandy Goldstone
(Writer, Artist, Channel for Grace).
soundsoftheheart.com.au

Scanning. Scanning. Scanning.
Scrolling. Scrolling. Scrolling.
Keep the mental cogs turning...
Eyes endlessly glued to a screen...

Consuming. Consuming. Consuming.
More data, more mental stimulation...

The next sensational headline. The next suggested proposal for 'safety', another gadget for 'protection', and a litany of shiny material things that will answer some made up 'need', or act as some kind of 'saviour'. Because the underlying premise is, that Life Herself, in Her glorious simplicity. Her natural raw beauty, and majestic splendour is NOT of equal value, is somehow defective, and not enough. Therefore, WE are not enough...

So, where does this leave us? Well, it seems in this kind of materialistic bondage. With this insane, externally prescribed acronym: 'FOMO'. Which when adhered to, creates a psychological environment for fear, manipulation, control, anxiety, depression, and dis-ease. Forever feeling driven to be on the hamster wheel of doing...Doing...Doing..

Feverishly searching for something, or someone, to give validity, value and meaning for our existence. Where more often than not, it is of someone else's choosing, or suggestions...Shop here. Wear this brand. Eat at this restaurant. Bio hack this. Listen to this podcaster. Follow this celebrity, religion, political party, ideology. Exercise this way. Avoid, criminalise, and 'hate' these groups of people.

Absorbing... Socially constructed narratives. Energetically consuming, ingesting more 'monkey mind' chatter...Overloads our bodies with constant mental stimulus has us feeling physically fatigued, and mentally fried. Not knowing what thoughts and emotions belong to us, or how and where this may be impeding our capacity to authentically lead from within. Not realising how continuous exposure to external voices can drown out our intuition and discernment, leaving us susceptible to be influenced

by the loudest narrative. Reactive, rather than responding from our deepest values.

So, is it any wonder that we find ourselves unable to focus....INWARDLY...To listen, and connect with the Wisdom of our Hearts, and create space for us to feel any sense of worthiness, gratitude, peace, and contentment for what we DO have. Nor will we cultivate an appreciation for the simple, everyday gifts and experiences of Life. Like listening to children laugh. Watching a bird joyously take a bath...Or immerse oneself in the beauty of a sunset, while listening to waves gently breaking upon the shore...

No, life becomes a very serious burden to carry when we keep looking at the mind for the answers. For which chaos, suffering, and confusion inevitably ensues. For the mind with its false - self - ego programming, and biased stories of history, traditions, roles and identities has programmed the emotional body to believe that pain, division, war, struggle, scarcity, and suffering somehow equate to 'safety' and 'security'. Crazy huh? But true, if we look around at governmental institutions, mainstream media, and the stories and propaganda being told, globally.

So, the collective question we are all being asked at this time of conscious evolution and True Self awakening is, "are we ready to STOP having pain and suffering as our foundation and baseline for our existence? Are we ready to be spiritually courageous, and view ourselves through a new lens...The lens of our sacred hearts? Are we ready to ALLOW our Hearts to lead the way in DIVINE LOVE?

To make peace with the present moment, while sitting in the discomfort of the unknown?

To choose to BE and create with, and from the void of the quantum field, our spiritual centre, the place and space of infinite possibilities and probabilities...? Surrendering old games of offence - defence, ego stories of 'enemies', roles and identities that perpetuate this hellish, unsustainable insanity of 'us' and 'them'?

For it is in our thinking and held perspectives that we rob ourselves of KNOWING that we are each an exquisite, individuated, sovereign spark of the One Light of Source Consciousness, EQUAL and WORTHY, of leaders, structures and systems that govern from their hearts wisdom and integrity, that courageously demonstrate actions that joyously uphold the spiritual values of compassion, freedom, justice, generosity, abundance, forgiveness and peace, upholding a reverence for All Life.

PRAYER and BLESSING.

Divine LOVE is the eternal gift that keeps on giving...

WE ARE THAT GIFT, EMBODIED.

May we allow our Whole, Pure, coherent electromagnetic field of our hearts Divine Light to serve us wisely in our creative sovereignty, as we choose to allow our souls true, I AM Presence to guide, direct, permeate and radiate throughout all that we think, feel, speak, create and touch...BEING THE PROMISE: - "THE LIGHT OF THE WORLD". Bringing the Promise:- A NEW HEAVEN and A NEW EARTH.

