

## Patrick's Ponderance: STOP THE CHAOS, I WANNA GET OFF!

Greetings dear readers and welcome. This month I would like to delve into some thoughts that have been rattling around in my head for quite some time, and with recent events unfolding around us it seems this is a perfect time to share some of these ponderances.

At the time of this writing the recent attack at an Orlando nightclub is only a few days old. Sure there have been many such events in the past several years but this one stands out in my mind as a very pivotal experience. It has everyone chiming in and taking sides as to why such a thing occurred. Most humans on the planet have an ability to feel empathy to some degree or another so it is quite easy to notice that this event has effected the energy of everyone who has brought it to their awareness.

Now I'm not intending to talk at any length on the attack itself because I don't want to force my opinions and beliefs on anyone. Quite frankly, I feel there is an element to this event that is just for me and no one else. What I mean by that is that it has affected me in a way that is personal to me and no one else. Also, it has affected each and every one of you in a personal way too. No two of us have had exactly the same emotions, feelings, or fears bubbling to the surface in the past few days. If you have been following the news broadcasts or reading reports on the internet you will find no end to the opinions and statements coming from every walk of life. Some you're certainly agreeing with and some are pissing you off.

In most ways this event is not unique. We have seen this similar story playing out every month or so for many years. There is a pattern here, the only thing that changes is the secondary details. The people, places, and things so to speak. In fact, drama and tragedy seems to have become an integral part of the human experience. Does it have to be? For the time being I'll have to say yes because we keep drawing them into our reality. At this time the human animal is not yet ready as a whole to embrace love. We are still in the mindset that we have to fight to get what we want and then fight to keep it once we have it. We still at times, feel we need to persuade others to think and feel the way we do. That's why we still argue about the presidential election, and kill each other over dogma, or for crying out loud, having a tiff over beers about whose team is better than the others! Geez!

What I'm building up to is the fact that following all these events on the news as well as concerning ourselves with all sorts of drama is having a very negative effect on the spiritual awakening of humanity. As spiritual beings having a third dimensional experience we are given the choice to create our experiences from the positive as well as negative energies. By choosing positive energy filled with love and forgiveness we advance ourselves individually as well as collectively along the path of spiritual awareness. By choosing this energy our progress is hastened. By choosing negative energy we are still creating as spiritual beings. There is value in having negative experiences for learning but our awareness seems to me to be muted or if you will, advanced very slowly. As a collective, when we polarize toward either the positive or the negative, our energies of creativity combine to give us more of that which we have chosen. To say this another way, when we choose light and love we bring that into our experience in large quantities. We flow with divine energy and we grow stronger spiritually and begin feeling the energy of calmness and forgiveness. Conversely, when we collectively dwell on negative energy we simply create more of the same. In this case our society becomes chaotic as we choose sides. We can't come together with love because we are constantly being challenged. Our ideas are attacked and we feel we have to defend them to ridiculous degrees. We feel we need justice and revenge. We feel

sympathy for victims and seethe with anger toward the aggressors. A battle wages inside between these opposite energies and I dare say that the media has amazing power to trick us into fear with the spins that are put on their stories.

Let's say for instance that a media story is telling us about the hatred and evil of an attacker. We feel anger and rage at this person for the act committed. In this case we are pulled into feeling negative energy. When we feel negative energy toward any experience we add our energy to the collection of negative energy of all the other humans who are following the story and feeling rage also. By this action the negative energy of an event is massively expanded as we freely contribute to the chaos.

Now let's say that a news story tells us about a victim. We feel compassion for the injury or death visited upon an innocent person. Our empathy kicks in and maybe we feel love for this person. This can indeed be a negative energy trap. We may say that we feel love for the victim of the crime, and in doing so we oppose the wrong doing. Maybe we even feel the need to campaign against such injustice and seek to raise awareness in others of these atrocities.

I can feel you scratching your head about now, wondering how the latter situation can be a trap and here's my feelings on these events. Many are familiar with the spiritual philosophy of "Like Attracts Like". This principal means that if you put positive energy into something you will attract more positive energy. It's the same with negative energy. Negative begets more negative. Another take on this states that whatever you concentrate on you will attract into your experience. Here is a simple example of this principle; As long as there are people who concentrate on violence, there will always be violence. Also, as long as there are people who oppose violence there will be violence. This may seem contradictory at first but to my mind the second group is still concentrating on violence. As long as they oppose it they will draw into their experience, something to oppose. Hence the trap I was referring to previously.

Here is another example; during the Vietnam War we had half the population supporting the war, and we had war. The other half of the population opposed the war, and we had war. The people opposing the war had to draw to themselves something to oppose. I dare say that most of the latter group were not seeking peace simply for the sake of peace. They were seeking peace through the opposition of war. The war was a necessary energy for the seeking of peace. It simply had to be a part of the equation so they could have their experiences.

At this point you may be asking yourselves what the answer can be. What are we supposed to do, stop watching the news? Should I stop caring about those who are hurting? Should I just turn a blind eye to human suffering? Well, let me say this; instead of turning away from the issues of society, consider the energy you're putting into these events. It seems that we are being pulled into the Medias dramas even when it has nothing to do with us. I personally find myself at times becoming emotional and upset about news stories that had no impact on my life until I read about them. If I hadn't sought them out I would not have brought them into my experience in the first place. So, yes. Maybe refrain from watching the news for a while. It's difficult at first because we become accustomed to having a constant stream of drama in our lives. When we eliminated it we feel a void of sorts. It's strange... it's not common to have peace in our lives. It's a feeling we have to get used to.

I understand that it isn't possible to remain completely disconnected from world events unless you're a hermit so I will ask you to consider becoming an observer of humanity and maintain a degree of emotional unattachment to the drama. Especially when it doesn't concern your life. For me, I feel I can

still care about, and love all people without becoming emotional. I understand that everyone is drawing positive and negative experiences to themselves so they can grow in awareness as spiritual beings. I also strongly feel that a new awakening is happening to the planet and if a new enlightenment is going to take hold then the grip on the old ways has to be broken. In other words, if such a major change in beliefs and behaviors is to occur then we have to go through a period of chaos as the old systems collapse. To use a very simple example; if I want to rearrange my living room furniture I must move everything around so the pieces can be placed in a new setting. What was once in order, goes through a period of chaos, then becomes reordered into something more desirable.

There's one more point I would like to make, when seeing these experiences playing out on the news, send the energy of love to the situation. Send love to the victims and please, send love to the perpetrators of these crimes. In truth they are the ones who are acting out from a very damaged and confused reality. They are the people who need lifted up the most by the energy of love. And try to understand that when we help to lift up just one member of humanity we all advance together on the path of spiritual awakening.

Much peace and love to all, Patrick