

World Chaos, the Media and Self-Realization

When I was a boy navigating the 1950's, it was such a joy to receive the **Readers Digest**, a classic family magazine known for condensed stories, inspiring real-life articles, health advice, and humor. The minute this wonderful booklet arrived I would turn to the segment titled *Laughter is the Best Medicine*. It was full of corny, vanilla jokes, and short stories, but it was funny and I would laugh and laugh. After, what seems like several lifetimes later, I have once again re-discovered the incredible value of innocent laughter. I've had to learn this simple life lesson many times over. When we laugh, the constriction in our chest invariably caused by stress, is immediately released. Try it. So simple. So true.

We live in the fluctuating middle ground of powerful energies that influence the way we see and experience reality. These forces influence us and arrive from a myriad of sources, but all seem to eventually distill into either a Love and Light force, or a Fear and Shadow based influence. Generally, the most prominent external influences upon us daily, aside of from self-talk and communication with others, comes from social media, the legacy media, and online sources including movie platforms such as Netflix, which spew negativity. A quick review of the latter show the top ten movies recommended are based murder, disasters and war. To claim this does not impact us is to simply be ignorant of the truth.

Many years ago it became obvious that U.S. NEWS providers were focused almost exclusively on negative programming. Studies demonstrated that at least 90% of news programming was curated to be negative and therefore addictive. Viewers kept tuning in to see what further developments were taking place on one disaster, (real or contrived) or another. Negative news catches our immediate attention and is highly addictive. This creates returning viewers. Only rarely do American newscasters include positive, uplifting stories and real life information about what is good and enriching. In the media's worldview, NEGATIVITY is the NEWS. Full stop.

To watch or listen to most media sources one would easily conclude the entire world is collapsing in on itself. And to some degree that is surely true. The world is in transition, and the speed of that transition has dramatically accelerated. NEWS obsession is based largely on political drama, who is killing who, and all form of disasters. What is not reported but seldom, is much of anything that tends to be inspiring and uplifting. And yet, there are numberless amounts of positive

developments happening all around us, the vast majority will never be shared, and we will remain unaware and stuck in a negative mindset cycle. The quiet positive is largely overwhelmed with the outlandish negative.

We are so numbed by the political extremes we are continually fed via media, that this has become the norm. Collectively we've arrived at the point we can no longer see the forest for the trees. The truth may be right in front of us, and we simply cannot separate it from the avalanche of corruption and lies to which we are daily exposed. And, make no mistake about it, media and governments, are frequently in collusion and they continually lie to the public. Against this backdrop, we should be aware that extremism is corrosive regardless of one's political persuasion. Whether you are left, right or center politically, extremism is always negative and down-regulating to our subconscious and emotional set-point. Avoid it. It is corrosive to happiness. This is easy to demonstrate. Watch a complete news segment and then ask yourself if you feel lighter, happier, and more free, or the reverse.

I walked away from legacy media years ago, which regularly include the twisted propaganda of Russia's Kremlin, who alone retain 30,000+ journalists outside of Russia to create negative, ugly stories about America and Europe. Other likeminded criminal dictatorships have copied the Kremlin model. Iran, Hezbollah, Hamas, and North Korea, immediately come to mind. China is also a big part of this process, but then so is America. I switched to the BBC, National Geographic, and NPR for a cleaner version of world insight. Not long thereafter, these resources became so narrative-driven they had become as bad as the more traditional legacy media. They all had agendas with polished narratives coming straight from their political sponsors or corporate owners. It now appears that mainstream media simply ignores truth unless it supports their agenda. Instead they beat the drums of fear motivation. Integrity is sacrificed at the altar of viewership numbers, clicks, etc.

Fair and Balanced, the Byline of Fox News, does not exist in the media format of any organization that I have studied. What Fox presents is largely the polar opposite of the rest of the corporate-owned media houses. Fox functions as a teeter-totter offset on political commentary, but the underlying message is still cranking out 90% negativity. So, regardless of the political platform, when the content is designed to conjure up negativity, it is detrimental to emotional balance. Be aware that this negativity is entraining your subconscious towards limitation, vengeance, and fear motivation. Thus, this always down-regulating to any form of sustained happiness.

Americans have become dramatically less happy over the past few decades, and substantially more politically polarized, notwithstanding a significant growth in economic benefits and the general enhancement in the supposed quality of life. A large part of this unfortunate evolution of emotional misery is due to corrupt and dishonest media.

I eventually took a hiatus from most traditional news resources not trusting any of them to present unbiased information. I still wanted to stay in touch with the world, so I shifted to garnering insight from online resources like Flipboard. It was definitely better for a time, then they too succumbed to the “everything is wrong in the world” mentality. I switched to YouTube podcasts. Some of these provide great value and I applaud them. Unfortunately most are full of AI driven nonsense of clickbait and spurious data not fit for consumption. So, where does this leave us? For me personally, it means returning to the basic philosophical questions of Who Am I? Why Am I here? Where Am I going? In other words, returning to ground zero and the foundational question ... **What is the Purpose of Life?**

Scientific endeavor has no other answer for the great questions than we are animals at the top of the food chain with no purpose other than to eat, breed and die. This is both depressing and patently wrong. You cannot put love and spirituality in a test tube and prove their existence, yet all of humankind knows these right brain emotional aspects of life absolutely exist. So, with this in mind, my thumbnail conclusion as regards the Purpose of Life, is that we are eternal souls, experiencing biological mortality. We may come to earth with specific objectives in mind. However, the general purpose of our temporary induction into physical reality is that we gain direct experience as creators in order to evolve. In short, we are children of Source, call this God or what have you. We are here to learn and grow through physical experience, sort of like an on job training scenario.

Our sojourn on earth is essentially an experiential training module. Every thought we think, every emotion we feel, every action we take, adds to our soul's ultimate accumulation of experiential knowledge. A passive smooth life delivers little growth stimulation. Just as a physical muscle will not grow without resistance. It is here on earth that we are confronted with gut wrenching tests. We either grow in response or sit down, whine, and atrophy. We have access to extensive information when in our spiritual home, yet we only gain direct knowledge and subsequent wisdom when we live and experience a training system so real that we are convinced for a time that it is all there is. Earth life is not passive. We are

constantly confronted, and sometimes overwhelmed, by the negative. Challenge and the friction of life, requires we rise up and overcome. This then is our teacher.

Planet earth is much more important than science would suppose. Earth life is a university for the soul. It presents to us, in a myriad of ways, a deep down challenge to rise up and become better than we sometimes can even imagine. It is here that we learn to be creators and experience the results of our creations. Love is the highest power in the universe, Free Will is our birthright. Each of us have the right to do whatever we can imagine and believe. This means we have the inalienable right to be as wrong as we wish. Over time, good choices produce good results. Poor choices evoke poor results. It is the way of things.

For things to improve in our lives within such that we may live more often in the frequencies of love, peace, harmony, joy, and bliss, we must take full responsibility for everything in our personal reality. No playing the victim and blaming others, no matter how true it may seem. Only when we make the changes required to rise in resonance to higher vibrational emotions, will we be happy for more than brief periods. Most of us, when watching a beautiful sun rise, laughing at ourselves, playing with children or our pets, listening to quality music, are able to find temporary joy. On the other hand, most of us tend to slide into lower fear-based emotional frequencies soon thereafter. Unless, we embark upon a clear plan to keep ourselves in a more blessed state.

Each of us synthesize (create) our own worldview and thus the reality we eventually experience. We do this through every thought we focus upon. We either see a beautiful, inspiring, supportive world, or a dark, angry, dangerous place, or something in between. And this depends entirely upon the way we view things at any given moment. So, generally speaking, whatever it is we are focused upon, is what will be mirrored into our physical reality. Our current reality largely represents the truth of what we believe subconsciously. And this is shaped by the input we allow to saturate our thinkingness. This is the essence of creation. We construct, knowingly or unknowingly, via our subconscious programming. And it in turn we generate our reality within the greater world stage of our collective consciousness.

If we want our physical reality to change in a positive direction, we must first change the predominance of our thinking, emotional reactions, and subconscious programming. In these regards, most media consumption tends to do the opposite of what we would like. As an admitted media addict, this is problematic.

And yet, we must somehow overwhelm and eventually replace the subconscious programs currently running our life, and upgrade them to higher frequency thoughts and emotions. It should be clear that the subconscious determines the way we view and respond to life and every single development we encounter. Everything we see, hear, feel, and sense, is first filtered and processed through the lenses of our previous thoughts, and conclusions, along with their attendant emotions. Thus, making a consistent effort to improve the quality of our thinkingness is paramount to our individual progression.

A curious and interesting turn of events, couched within the narrative of worldwide implosion, is the growth rate of those now claiming religious affiliation. Surprised? Yes, more and more people of sudden, are seeking spirituality. Most will do this through attendance in some form of religious structure to begin with. Interestingly, there is an even higher growth rate in the non-affiliated spiritually inclined. These are those pursuing personal spirituality without the need for an institutional religious structure. This latter category has become the fastest growing component of the spiritually focused in North America and Europe, where many traditional religious organizations are in decline. Taken as a whole however, Christianity is growing. Its greatest growth coming from sub-Sahara Africa. Christianity has the largest official membership worldwide, followed by Islam, (the Muslims) and Hinduism, (Sanatana Dharma). However, Islam is growing faster percentage wise, than the other major religious institutions globally. According to the Pew Institute this is due primarily to the explosive birthrates in Muslim families. Surprisingly, Buddhism, although widely respected, is now in decline.

Growth in religious affiliations is not necessarily an indication of growth in overall spirituality. However, it seems reasonable to assume that spirituality is expanding amongst those willing to look within, as opposed to those hyper focused on the narcissism of social media and the accumulation of things. Pockets of the sincerely inspired are popping up all over the world. For the most part, they are a quieter group, less vocal, more balanced and reserved, and generally interested in the welfare of all life on earth. I view this development in particular as the best sign of a more evolved and benevolent future.

Currently, it seems we are in midst of mass disclosures, many will be governmental, some institutional, all will be impactful. Governments, religious organizations, economic institutions, archeology and anthropology, will all begin to share truths that have remained hidden from the general populous. This includes significant disclosures surrounding Antarctica, prior civilizations that

were on earth before us, alien activities, and on and on. These expanded insights must be revealed in order to eventually restore people's faith in their institutions. The faith of which is currently slipping rapidly, and without fresh reasons to trust will result in devastation and chaos. It is my assumption that these disclosures now in play will dramatically affect religious organizations, institutions, governments, and all forms of leadership. Economies and our trust in basic governmentally controlled currencies will falter. Some will fail or be dramatically reorganized.

Like every other test of humankind, we will individually choose to continue to live in a fear-based society or rise up and support the beautiful future that shall likely emerge from all this chaos. What will we choose?