

Are You Being Affected by Sadness?

By Toni Elizabeth Sar'h

Sadness ~ affected by unhappiness or grief; sorrowful or mournful ~ Seems like there is a lot of sadness being experienced in the world right now. And yet, isn't that interesting? The dictionary defines the state of "sadness" as being affected by something. Wow! That means that you have control over your state of being ~ what an astonishingly wonderful piece of knowledge!

So, stop here for just a moment; hit a mental "pause" and take a minute to survey your internal environment. See what you are truly playing on the image screen of your mind. I would place a very strong bet there are many, many mixed messages going on right now, all at the same time, rather than concentration on one thought or action bringing you into a balanced state of mind. Truly, you live in your own universe, one created by the thoughts, feelings and observations that you make in each second or nanosecond. It *is* your world.

Then let's ask: Does your mental universe belong to you or are you being affected by the sadness, morose state of consciousness and fear of the mass consciousness? If you are seeking freedom (and I *know* you are), you must first be free from all external influences that affect you. To do so, you must release your attachment upon all that you cling to for your personal security. Resistance will not do it. You must simply let go of holding so tightly onto those beliefs, concepts and habits that have been literally programmed into you by your parents, teachers, religions, society and peer group.

Your state of awareness will work, respond and react *without* your conscious control unless you decide you will be in the driver's seat. When left to its own devices, your mind's attention spans all of the worries, anxieties and threats you perceive in your world. You lose yourself in the mass consciousness, yet you are designed to be in control rather than being impacted by the energetic output of the environment in which you live.

Most of the people who read my articles and receive my newsletter are looking for a way to live a more spiritual life. If that type of life is to have any true meaning or benefit, it must be the delivery system of independence rather than dependence upon anything or anyone. This includes the concept of what that spiritual life is supposed to look like in its form. Source is inherently creative which means that all creation is in a free form of artful creativity. You cannot be creative if you are bound to rules, regulations and fears holding you tightly in a prison of your own making.

Most people are very busy resisting that which they do not want to experience (including sadness, grief, anger and all of the other seemingly "negative" emotions) rather than running full tilt toward that which makes them happy, balanced and in harmony within themselves. The only reason you ward off what you don't want to happen or push against that which you are experiencing is because it conflicts with what you *do* want. And by attempting to ward off that which you don't want, by placing your attention on it, you

create it in your life. It has no choice because you keep calling it to you even though outwardly you would say you don't resonate with it.

Release yourself (or should I say, break free) from everything in your life that does not support the balanced, harmonious, peaceful you. That means that when a mass consciousness emotion like sadness (seemingly occupying much of the world right now) begins to creep toward you, you choose not to be affected by it. It *is* your choice, you know. This does not mean that you have no compassion for others. It simply means you are not going to resonate with anything that does not benefit you. Actually, this makes you of much more worth and assistance to the whole since you are not mired in the emotion of the masses.

Then, you know self autonomy in all of its facets. You are no longer running with the herd, embracing their fears (no matter how well-founded they may appear) and you are truly creating the most unique, magnificent and fearless experience of yourself to radiate into your reality – your world. While you may not fit in with those around you, you do not resist them either. Simply let it all be and it will unfold itself without your help or intervention.

You are completely responsible and capable of creating the world you desire in your life. Looking outside of your life, to anyone or anything, not only disempowers you it stops you from experiencing what you want to experience because they or it cannot give you what you desire. They are too busy creating what *they* want in their own life to be able to give your desires their full attention. So it is a useless practice to look for fulfillment outside of yourself, whether it be from loved ones, religions, schools, friends, or social networks.

The world's opinions about you, the judgments and opinions of your peers are worthless in the true scheme of things. Not only are they clouded by their own filters and lack of personal attention on themselves, they are simply projecting on to you what they feel within themselves. Don't look there ~ you won't find anything at all.

In your self autonomy, realize that your desire to be someone, to be special is all about having power. It is your own power that you want, yet you look to others to give it to you and they cannot. *Someone else cannot give you your own power.* It belongs to YOU. This includes your spiritual life. In fact, it defines your spiritual life.

Does it feel like aloneness? Yes, it does. Does it take courage (that of the heart)? Yes, it does. Are you up to being such a radiant being that no amount of sadness, anger, grief or other less-than-desirable emotion simply bounces off your coherent frequency? Well, only you can answer that question – and I know you will.