Good day all. From the moment we are born we are bombarded with the noises of this world. We have become so accustomed to the noises of this world that we often fail to appreciate the impact they have on our spiritual, mental and emotional bodies. It is often said that loud noises are a vexation to the spirit ~ but in truth any noise which disturbs our spiritual, mental and emotional bodies is a volley of vibrational discord – even pleasant ones – when perceived by the mind of the soul. For the natural state of the mind is perfect and uninterrupted silence ~ underscored by the vibrational monotone of the all-encompassing AUM. Thus a volley of noise to the mind of the soul is akin to an assault upon the spirit. An unpleasant word or sound of bad news is akin to an assault upon the mind. A wave of sound in the form of music or emotionally charged sound is akin to an assault upon the emotions. As we move through this world with its volley of sounds ~ that enter our mind without being cordially invited ~ let us make peace with the sounds that assault our spirit, let us make peace with the sounds that assault our emotions, and let us make peace with the sounds that assault our mind ~ for unless we make peace with the sounds of this world, we will drown in the noise of our own unpleasant sounds.

Amen. And may you all be blessed in our Father’s love and grace.