

Spiritual Guidance to Survive a World Gone Mad

By LANA PENROSE

The world seems to have been thrown into a high-speed blender! As chaos abounds, it isn't unusual for ethical and philosophical questions to arise or to turn to spiritual guidance to help steer us through.

The main character of *Conversations with Blob – A Guide to Spiritual Living in a World Gone Mad* is a source to whom life's burning questions have been posed, such as, "Who am I?", "Why am I here?" and "Why the chaos?" Blob's liberating messages seem to align with what we are navigating today.

His most frequent message is *don't forget who you are*. While the world threatens to spin off its axis, you are far more than a powerless worm inching across the earth beneath a flock of beak-snapping omnivores. Rather, you are a wondrous, limitless being, a powerful entity blind to your own godliness. As the planet twists and writhes, it is of great comfort to call to mind that you remain pure, divine consciousness in human form. You are a spirit in a material world.

From an expanded viewpoint, you are a dazzling stream of exquisite energy, a precious beam within an ever-expanding universe, a gorgeous, melodious, creative creature having a trippy experience within a generously abundant and altruistic universe. By default, this makes you unbelievably resilient and resourceful. Nothing can take away from what you really are, no matter what's occurring within a dystopian world.

Another pertinent point concerns *why you are here*. You chose to be born at this time to learn, grow, serve and love, particularly during adversity. The world needs you to keep striving and be strongly plugged into your pure divine consciousness as the ground shakes. The planet is, quite frankly, starving for illumination, so it is recommended to shine your light brightly so that greater freedom can be ushered in for all.



Remember, you are a powerful, infinite and wondrous being who decided – for a purpose so vast and interconnected that it defies explanation – to play the game of life. You chose to incarnate for the challenge of flicking on the switch; to remember your true nature despite life's tribulations; to shine light into the world so that others might see; to help bring an end to the false idea of separation; to awaken from a nightmare that is steeped in illusion.

You chose to be born into form-based reality to get amongst it, to experience the strangeness of being a seemingly separate entity negotiating a virtual non-reality while attempting to shake off spiritual amnesia, for you are a spiritual warrior determined to excel.

You volunteered to hold out a tiny torch to assist those who are lost, those who worship their egos, power, control, materialism, fear, separation and terror with little thought for much else. You are here to play a humble role in bringing everyone home with less guilt in their hearts, knowing that your contribution adds to the evolution of the whole.

You decided to incarnate to help reignite the planet, to awaken, to cultivate compassion, forgiveness and fearlessness even at the height of insanity. Given that you've worked so hard on yourself, it's time to pay it forward, knowing that you have a vital role to play as an integral and irreplaceable element that has been carefully woven into the fabric of the universe. You are exactly where you need to be for very valid reasons.

Of course, the greatest message underpinning all of this is to *remember to love*. When you're gripped by fear and anger, it's hard to be the embodiment of love and peace, but that's precisely the aim. The good news is that you already embody pure, uncorrupted, unconditional, unadulterated, take-your-breath-away love, that you are an incredible entity pulsing with perpetual, enduring, white-hot love, that you are love personified, that you are love. So, as maddening as things may appear, the greatest thing you can do is invoke your kind and loving nature, knowing that you grow from the love you extend, as do those around you. The magnitude of extending love without reservation when things are at their craziest cannot be overstated.

This can be aided by staying alert for loving opportunities, regardless of the situation, by generating as much compassion as possible, by calling to mind the oneness of all beings, by remembering that you are irrevocably connected to everyone, by recalling that you aren't separate from anything at all.

You were born to love and be loved, to share love and light. It is natural for you to love. It is unnatural for you not to. When all the madness subsides, the only thing of enduring significance is *love* because love is all that matters.

Another helpful approach is to *remember the illusion* – an esoteric concept that life isn't as 'solid' or 'real' as we think. It can be helpful to regard it as dreamlike or an

occasional nightmare. Flick on the switch and you are released. You are light, so while the apparent horrors of the world are playing out, you can saturate them with brightness and render their validity null and void.

Regardless of what you are perceiving, it is helpful to burn as brightly as you can, in all circumstances, at every turn, remembering that you have the power to shine away the darkness. Your light is blinding, and nobody can take that away. Your eternal spirit exists beyond the body, beyond the world, beyond the shadows, beyond the chaos, beyond life and death, and beyond the horror that the world would have you believe.

To reiterate, a way of surviving that which is taking place is by engaging your spirit, your light and your strength. You can be fearless, knowing that life is but a dream that can do you no harm when placed against the magnitude of who you really are. Bring that which frightens you to the light and transform it. Throw open the heavy curtains and allow the light to pour in, all the while remembering that you are a godly entity having an earthly experience, rather than a godawful entity having an ugly experience!

Let's not forget that, as a spiritual being, you are way beyond the earthly insanity.

Another salient reminder is to *keep your thoughts pure*. No matter what's going on, your thoughts are *yours*. You own them. They are energetic. They are alive. They create. They contribute to the evolution of the world, either adding to or subtracting from the harmony of the planet and your own personal universe.

We are all creating with our thoughts nonstop, continually, everywhere, and you are in a position to add to the overall 'positivity' or 'negativity' that is taking shape around us. Your negative thoughts add to the denseness of today's group consciousness and keep you stuck where you don't want to be. Therefore, exerting mental clarity in an informed, conscious way has never been more crucial, particularly at this point of our evolution. So, for the world's sake, as well as your own, think wisely, carefully and 'highly'.

Another recommendation is to *exist in the now*, which is a tough one to grasp if you haven't yet experienced it, but something to aspire to nonetheless. From moment to moment, work with whatever is before you with the most expanded consciousness you can. Radiate your light dynamically and boldly in whatever situation you find yourself. Know in your heart of hearts that in this moment you are safe, given that you are immortal and perennially cared for. The now is primed to flood your awareness according to your determination and will.

Another recommendation is pure and simple. *Meditate!* Divinity is in and around you. You are being lived by an almighty energy. You are a heavenly, living and breathing wonder capable of extending vast amounts of inexorable love. You are divine and irrevocably connected to everyone, gliding through ever-changing circumstances that are about as real as a dream. Despite

the tumult, you are inherently peaceful, and there is no better way of sensing this than through meditation.

All of the above leads to the end goal of *transcendence*, for freedom is found in rising above the fallacies of the world; to be in it but not of it. Let's not forget that, as a spiritual being, you are way beyond the earthly insanity. You are a commanding being of light, boundless and spiritually free, an intricate and essential fragment of the vastness, an orchestra of melody, colour and movement that is nothing short of spectacular. You are negotiating a virtual reality while attempting to shake off spiritual amnesia. You are driven by an energy that has the capacity to transcend every fear.

You are a mystical being whose core vibrates with equilibrium. You possess all the necessary ingredients to live as an enlightened being. As alchemy in motion, the illumination you seek is already within, and you will be treasured forever regardless of what plays out in our three-dimensional reality. In fact, the madness of our age can be used as a catalyst to awaken, and I do believe that that's the whole point!

► Lana Penrose is the author of *Conversations with Blob – A Guide to Spiritual Living in a World Gone Mad* (Blue Gaia World Publishers, 2022). Join Lana on a quest to make sense of the madness of our times through a fantasy dialogue with an enlightened blob of consciousness. We may feel that we are muddling, but Blob knows we are divine and delivers a profoundly liberating message that can radically alter our experience of the world and our place in it. Grab a copy of Lana's book from all good bookstores or via www.bluegaiapublishing.com/shop/p/conversationswithblob.



LANA PENROSE is a former record company promotions manager, music journalist, television producer, and pop star assistant. Her previous books include the best-selling

To Hellas and Back, *Kickstart My Heart*, *Addicted to Love*, and *The Happiness Quest*. In between writing, meditating, and working as a professional counsellor, Lana can often be found gazing into space. She has finally manifested a cat. Her website is <https://aguidetospirit.com>.

BOOKS ON MIND BODY SPIRIT



Visit Our Online Store

www.ebay.com.au/str/newdawnbooks

Greatly reduced prices

New titles added weekly

All sales assist

New Dawn magazine!