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~Suffering and How to Heal it?~



Suffering is the difference between your thoughts about what something is and what actually is

lemme say that again and explain what that REALLY means

Suffering is the difference between your thoughts about what something is and what actually is

see what actually is is that you are an amaSing being of love, of light

and whatever or whomever is being other than this is your thought about it that is not what actually is which is it is you are they are all of it is

the Soul the amaSingness of love of light

this is what causes suffering as we are seeing it through the eyes of suffering of what we think it is of that it is bad or wrong or hurtful etc

rather than what actually IS which is how beautiful and love it is

This is what Buddha and all the masters speak of when they say that we see things as we are rather than see what really is

What really is is free from being that something is bad or hurtful or painful

what really is is seeing through the eyes of Source, of the Soul, of Love

this is free from being some airie faerieness or seeing through rose coloured glasses. Rather, this is seeing through the eyes of Love/Source, the Master Artist him/herself

For Source sees everything as beautiful, as a loving and love creation of itself. So why not us see such.

Seeing anything other than this is the cause of suffering, of pain, of hurt.

See as Source sees, do as Love Would Do.

This can only be seen, felt, experienced in the now moment, the present moment, where the timelessness, infiniteness of Love/Source is.

Be Love Now, for this is who you are <3 ~Espavo
~As given in Spirit through the hands of Nenari, Princess of the Sea