

Have you ever been under the spell—or the trance—of the news, the global or U.S. situation? I mean, really—have you ever found yourself yelling at the news like the anchor will change their mind because of your passionate rant? Or arguing with a politician on TV, or worse, responding to a Facebook post at 10 p.m. like it's a spiritual emergency? Yeah. That's the spell. Been there. Done that. Still working on not buying that t-shirt.

Let's name the elephant in the room: We're not just reacting to life but to the collective emotional weather. And often, we didn't even choose it. We've been emotionally hijacked.

Imagine: You're having a perfect day. The sun is shining. You've had your coffee. You're even wearing your favorite shirt. Then—bam! One snarky headline, one heated post, one rude comment—and suddenly, you're fuming. Sad. Shaky. Ready to storm the gates of...something. But here's the spiritual truth: those emotions? They might not even be yours. We are swimming in a sea of collective energy. Fear, panic, outrage, and division are all broadcast 24/7. And without knowing it, we get pulled under. That, my friends, is the spell. But the good news? We can break it.

### **Collective Consciousness vs. Christ Consciousness**

In Unity metaphysics, we talk about two streams of awareness: **Collective Consciousness** is that fear-based, separation-fueled mindset. It thrives on drama, division, and noise. It's the energy that says, *"There's not enough," "They're the problem," "I've got to fight to be safe."* But then there's **Christ Consciousness**—oh, now we're talking. This is your divine center. It's the awareness that sees through the chaos. It knows, *"I am not separate. I am not powerless. I am not at the mercy of this storm."*

As Paul wrote, *"Be not conformed to this world, but be ye transformed by the renewing of your mind."* He wasn't just talking about staying off Instagram. He was pointing us toward our spiritual power—to stop letting the world shape our reactions and instead return to our inner knowing, our soul awareness.

### **Collective Reactivity: When the World Loses Its Mind**

Collective reactivity is everywhere. It's when millions of nervous systems are tuned to the same station: Fear FM. Outrage 24/7. Anxiety Unlimited. It's contagious. And it's sneaky. Most of us were trained to react before being taught to reflect. Algorithms and headlines are literally designed to poke our nervous system. Why? Because scared people click more. And clicking means money. But spiritually? That system is bankrupt. Because the more reactive we become, the less access we have to our soul's wisdom.

### **How the Spell Works (It Is Strategic)**

Let's break down how this spell gets its power:

#### **1. It Seduces Us into Us vs. Them Thinking**

It whispers, *"They're the problem."* It divides and conquers. Suddenly, we're no longer spiritual beings—we're tribal warriors fighting over comment threads. That's not your truth. That's the spell.

#### **2. It Feeds on Speed and Noise**

No time to breathe. No time to reflect. Just ping-ping-react! Without pause, we forget that we have a choice.

#### **3. It Rewards Reactivity**

The louder, the angrier, the more viral. But guess what? Just because it gets attention doesn't mean it's aligned with your soul.

## Three Steps to Break the Spell

So, how do we wake up? How do we break the spell? Here's the spiritual prescription:

### 1. Pause the Program

Breathe. Hand on heart. Whisper, "*I am here now.*" This little moment of presence? That's your power move.

### 2. Name What's Not Yours

Ask: "*Is this mine?*" Sometimes what you're carrying is a wave from the collective ocean.

- **Collective Fear** – Not your personal fear, just ambient anxiety from the world.
- **Social Panic** – Remember the toilet paper apocalypse? Yeah. Not your actual emergency.
- **Generational Wounds** – Patterns we inherited. Beliefs that no longer serve us but got passed down like a casserole dish no one wants.

### 3. Respond with Love

Ask, "*What does Love want to do here?*" Not what your ego or social media wants, but what Love wants. That's the Christ Consciousness choice.

Sometimes Love is silence. Sometimes it's the truth spoken with compassion. Sometimes it's walking away with dignity.

## Valarie Kaur: A Light in the Storm

After 9/11, Sikh activist Valarie Kaur saw her community targeted with violence and hatred. Her uncle was murdered in a hate crime. And still, she chose love. She didn't collapse. She didn't retaliate. She rose. She began documenting hate crimes not to spark more rage but to build bridges.

She asked, "*What if this darkness is not the darkness of the tomb, but the darkness of the womb?*"

Now *that's* a question. What if what we're going through isn't the end, but a beginning? What if something sacred is being born through this pain?

## Your Invitation This Week

So, here's your challenge—your soul invitation:

1. **Pause.**
2. **Name what's not yours.**
3. **Respond with Love.**

When the world seems to spin out of control, come back to center.

When fear knocks, ask, "*Is this mine?*"

When reactivity rises, ask, "*What does Love want to do through me this week?*"

You are not here to mirror the chaos. You're here to break the spell.

## Blessing

*"May you walk through this world awake, not reactive, but responsive. Not caught in the noise but rooted in the knowing. May you feel the stillness within every storm and the clarity that rises when you choose love over fear. You are not here to be swept up. You are here to stand tall. To see clearly. To shine steadily. I bless your heart with peace, your mind with presence, and your path with power. And I remind you: You are the calm. You are the light. And so it is."*

**Affirmation:** *I have broken the spell of collective reactivity and respond with love to every situation.*