

Between the Noise and the Knowing

Walking the Awakened Life in a Sleeping World

There's a deep ache that comes with awakening in a world still sleeping.

It's not just about awareness. It's about the overwhelm. The overstimulation. The constant energetic friction between the life you're trying to build—and the life you're still partially living in.

I'm in that place right now.

I've changed so much.

My behaviors. My practices. My lifestyle.

The way I eat, breathe, speak, pray.

The way I see.

And yet... here I am, still sharing space with someone who hasn't changed at all.

Let me be honest: it's hard.

Right now, I live with a roommate—74 years old, well-meaning, generous... and also fully entrenched in the old world.

She watches murder shows and political rants like they're gospel.

She walks into my energy without permission.

She leaves messes I have to clean.

She talks when I crave silence.

She anchors herself in fear, while I'm desperately trying to root in faith.

It's not just inconvenient—it's *loud*.

And I am someone who has grown sensitive to *everything*.

I feel the static in the air.

I hear the hum of unspoken tension.

I absorb the noise, even when I pretend I don't.

And yet, I *know*—there's something here for me.

A mirror.

An invitation.

A holy reckoning.

Because the awakened path doesn't exempt us from discomfort. It *initiates* us through it.

This woman, this situation, is revealing the places in *me* that still need softening.
The part of me that gets judgmental.
The part that still wants to control.
The part that believes I can't rest or rise until everyone around me changes first.

That's not awakening. That's avoidance dressed up as enlightenment.

And so, I'm learning—again—what it means to live *in between dimensions*:

- One foot in the world I'm co-creating...
- One foot in the world that still lingers...
...without losing myself to either.

I don't need to fix her.

I need to tend to me.

Because my energy matters.
My rest matters.
My boundaries matter.
And so does my ability to meet this moment with grace—not perfection, but presence.

Even as I await the quiet.
Even as I crave the break.
Even as I long for the next chapter, the next living arrangement, the next breath of fresh air...
I know this moment is holy too.

It's not the peaceful monastery I imagined—but it is sacred ground.
Because I am evolving here.
I am becoming here.
I am seeing myself more clearly here.

And I choose to show up for it.

Not to get it right.
But to stay awake in the tension.
To listen deeply.
To respond consciously.
To honor my boundaries while holding compassion.
To keep my own house—inner and outer—clean and tended and honest.

This is the awakened life.
Raw. Messy. Beautiful.
Lived fully *in* the world, but no longer *of* it.



Journal Prompts: *"Living Awake in the Midst of Noise"*

1. What relationships or environments in my life currently feel energetically draining—and what is that teaching me about my needs?
 2. In what ways do I still try to control others' behavior in order to feel at peace? What might I do instead?
 3. How can I honor both my need for solitude and my current reality with compassion?
 4. Where am I being invited to soften—without abandoning myself?
 5. What does "awakening in place" mean to me right now?
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Embodiment Practice:

"The Inner Sanctuary Visualization" (10–15 minutes)

This is for moments when your outer world feels chaotic, and you need to reclaim a space of peace within.

1. **Find stillness.** Sit or lie down somewhere you won't be interrupted. Close your eyes. Take a few grounding breaths.
2. **Visualize your sanctuary.** Imagine stepping into a sacred inner room—beautiful, clean, silent. This is yours. No one can enter unless you allow them to.
3. **Tend to it.** What does it look like? Smell like? Feel like? Is there a chair, altar, tree, garden? Let it reveal itself.
4. **Place your energy here.** Imagine gathering your energy from every corner of your physical space and placing it gently into this inner room. Feel yourself arrive fully.

5. **Receive.** Breathe. Let the peace of this space nourish your nervous system. Repeat a mantra: *"I return to myself. I am whole here."*
 6. **Seal the practice.** When ready, slowly return. Place one hand on your heart, one on your belly. Whisper:
"I carry peace within me, even when the world is loud."
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✨ Daily Affirmations:

- I honor my own pace in a fast-moving world.
- I am allowed to need quiet, space, and rest.
- I can hold compassion without sacrificing my peace.
- I am learning to live awake—in all circumstances.
- My healing does not depend on others changing.
- I trust myself to evolve, even here.
- This, too, is sacred ground.