

# White Noise

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Crowded in by the din of everyday life we do not hear what is often said to us, softly and with consideration or love. We seek resolutions and outcomes, but what we desire is peace. We demand recognition and reward, but what we really hope for is love and joy. Our pursuit of love, peace and joy is often blocked by the incessant noise of life; a hum we often add to. The answer may be within; it may come from some form of epiphany or recognition of our value, just as we are. Yet again, it might never come for we are surrounded by 'that' noise and the emotional debris of life. It clatters and clangs – such a cacophony! Yet peace is there, perfect peace – a peace that passes all understanding. The white noise of life can be replaced by the bright light of that peace, joy and love.