

Why is there so much pain?

The answer according to Alpha



By Alpha's editor and channel

I understand that you experience a lot of pain as you go through life, even to the point that you might wish your life was over. Whether you believe in God or not, I hope you get some comfort here.

Preparing to write this article, I went through my library of Alpha's writings and collected everything he has mentioned about pain. I wondered how I would put it all together. But Alpha didn't want me to take

that approach. He has come to me twice since I started working on this article to tell me more about pain and his attitude to it. That's the way he is. He doesn't like to leave us alone and in the dark. He wants to give us ongoing inspiration to help us deal with the issues we face.



A lot of people doubt the existence of God because of the amount of pain in the world.

Alpha is keen to tell you that there really is a God, but he does not express his love by stopping the forces of nature. He expresses his love by trying to buffer your pain when something goes wrong. He can only do this effectively if you have opened a channel through which you can receive his vibes. If you don't believe in God, you can buffer your own pain to a large extent by holding a sense of gentleness inside you

and by not fighting mentally against the things which have already hurt.

Alpha does not apologise for the amount of damage and injury that can be caused by the forces of nature. He has explained in the past that diversity is an important part of the creative force. Where there is diversity, there is a greater capacity for the whole to move forward in its design. Speaking to me today (in his manner of speaking as if he is God), Alpha explained,

I intended for there to be enormous diversity in the load of the universe, and



this means that there will always be one end of the distribution which doesn't look so good for survival or comfort. This is the end which you call "bad luck". I did not intend to do this on purpose for your discomfort, though. That is, there was no malicious intent inside me for you

to suffer as a way of building character or paying for your sins. This idea, which is spread by a lot of people in their desire to understand pain, is patently false. I am not causing pain or suffering in order to teach you a lesson or in order to make you strong. On the contrary,



whenever I have a chance, I will help you to avoid pain on a metaphysical level and will help to wipe your memories of it so that it does not develop into a complex over time.

A lot of people cry out to God in their time of pain. Some people feel that they have been heard and helped. Others feel that they weren't helped, and God gets a black mark for being heartless or non-existent.



Receiving help from God depends on whether you have opened a channel to him.

You can do this without believing in God. It is all a matter of whether you are in the habit of being open to love and inspiration. Some people who do believe in God don't have a very good channel to God because they are not in the habit of opening their auras to God. If you have emotions and thoughts you regret or of which you are ashamed, you tend to close your channel to God reflexively, as if you are trying to hide from his awareness.

By being open to love and inspiration, you gradually build a pipeline to the divine light above your head, and this pipeline can then be used by God or spirit helpers to send you packages of help, of a metaphysical kind.

As Alpha explained it to me:

You know that your pain receptors are organised in a chain of structures to the part of your brain where pain is interpreted. Therefore there are a number of points at which one could potentially intervene. My intervention is all along the chain. That is, I interfere with the workings of the chain itself by causing a kind of white noise in your aura which obscures the pain signals as they travel from nerve endings to the brain. You have noticed this effect when I come close to you in a trance – you become numb all over your body and at the same time you seem to vibrate in a way and feel comforted and at peace. This is my oscillation which obscures pain, and I can send this effect to anyone who has their channel open enough to receive my intervention.



God can send this kind of help for physical pain and also for emotional pain.



Emotional pain can be minimised by the way we understand the world. You can do a lot to reduce your anguish by taking time to get rid of unnecessary fears and unrealistic expectations. But God understands that we are prone to faulty ways of thinking, and so is willing to comfort us for all our woes. As Alpha says,

When it comes to matters of emotional suffering, I am equally forthcoming. I have no desire to see you wallow in grief in order to learn this lesson or that. I am eager to soften the blow of losses. I understand that your brain loves things to stay the same, especially when they are pleasant and stable, so you have an in-built disability to cope with large losses. I understand this and I do not exploit this weakness of yours in order to torture you. Quite the opposite, I am keen to exert my

love upon you when you are going through a time of loss or transition, in order to cushion the effect of your own dogmatic brain. I understand entirely that you come up with ideas which make your transition even harder. That is, you question why things have to happen, you blame people, and you have expectations which are too high. I understand all of this and I don't think you are silly for getting into these mind traps. It is in your nature to think these ways, with or



without the provocation of a society or an entity which eggs you on with false ideas. Therefore I am sympathetic to all the emotional pain you experience, even when it is exacerbated by your wrong understanding of the universe. Therefore I am keen to comfort you until such a time that you are in a position to grow and quench your ignorance, and clear your memory of the pain you have endured.

If you don't believe in God, there is no pressure for you to do so. God, as described by Alpha, does not discriminate against people who don't believe in him. God will not send pain to punish you for being an unbeliever. He claims it is your birth-right to remain separate from God as long as you like.



He does not expect people to believe in God just because they have

been told to.

Yet your ability to receive metaphysical comfort for pain is going to depend on your channel to divine light. You might like to open your channel for love and inspiration even if you don't believe in God, just to see what happens. At the very least, opening yourself to love and inspiration will help you to cultivate a lovely state of mind which will



improve your general quality of life. Even without evidence of God, you may get inspired about happier ways to see the world and practical ways to reduce your pain.

Alpha recommends that you let go of your regrets and let go of all false (or questionable, negative) ideas as ways of reducing your anguish. Soften your demeanour as much as possible, and try to not “defy” those painful things which happen. A couple of days ago when I was pondering the nature of pain, I received this message:

Pain comes in a great many forms and has a great many triggers, so it is difficult to give a simple answer to the question of where pain comes from, or why it is caused. But the solution is single. You only need to maintain a resonant aura of gentleness at all times, so that you have no sharp edges, no pockets where darkness can

hide, and no tightness which causes your soul to cramp. You must be open in order to avoid pain. Interestingly, most people try to close themselves to avoid pain, but the opposite is true. Do not be afraid of experience. Only let it flow through you and over you, dislodging any impurities in you as you go. Then you will keep being washed into a state where you can achieve even greater gentleness. An upward cycle of purity and non-resistance is established, and very few things can cause you any noticeable damage.

With a similar logic, Alpha later went on to say,



You have noticed that, with your intermediate level of armour, some things are more likely to cause you pain than others. Anger, loss and jealousy, for examples, cause

more pain than a neutral state. You want to know what is going on that translates some experiences into more pain than others. In answer to this question, I say that the answer is defiance. Your degree of defiance to a situation is what determines how painful it is. Start with examples of physical pain. Your thumb defies a hammer. Your skin defies a burn.



Your pain receptors are literally complaining against a particular assault. That is easy to understand. Now let us consider some abstract examples. Your child knocks over a chair. Do you defy this experience or not? Is your demeanour one of, "No, that shouldn't have happened," or is it one of, "Never mind"? The former is painful because you defy the experience. What point is there in defying an experience? It has happened already, so how can it be defied? Everything which has already happened is

ridiculous to defy, as it is a waste of logic and energy.



Overall then, Alpha claims that God is keen to reduce our pain by sending us comforting

vibes, but even if we do not have an adequate channel (or willingness) to receive this comfort, we can reduce our pain by holding ourselves in a state of gentleness and acceptance to what happens in life, and letting go of the hurts of the past.

As a last resort, when you are not emotionally or metaphysically prepared for the amount of pain you are experiencing, there are another few points to remember:

- Your soul is safe.

- Somewhere deep in your soul is a desire, as runs through God, to experience everything, and a capacity to relish all experience for its intensity and novelty.
- Some astral pain gets worse when you are in a phase of receiving more divine light. There is an internal pressure for old astral wounds to resolve themselves when confronted with the truth of the light.
- You'll feel better when you're dead!

