



WEDNESDAY, OCTOBER 29, 2025

How to Ask For and Receive Perfect Freedom

Original Talk Date: November 2, 2016

Key Lesson: What we see, and take, as being the meaning of any given moment - including our experience of it -- is a direct reflection of the level of self being revealed by that same moment. This invisible relationship between the observer and the observed is the "mirror of the Divine". And it is only in this relationship -- in this "mirror" -- that we are able to discover not only the meaning of Life, but what is also our original role within it.

Talk Takeaways

- You cannot separate the moment from the nature it reveals. The two appear simultaneously.
- "It's life's illusions I recall. I really don't know life at all." -- Joni Mitchell
- To know that you don't really know life at all, is the beginning of real life.
- The problem is never the person or the circumstance. The problem is that you identify with them, along with everything within you that tells you what is wrong, and what needs to be done to get it right.
- Freedom isn't found in a pursuit or an achievement. Freedom is the discovery that the seeker and the thing sought after are the same thing, and that they can never lead to the freedom that is imagined.

- Everything that exists wants to be free. Everything is asking in its own unique way to receive what it needs to nourish itself.
- You can't separate freedom from the original longing that gives rise to our existence and our purpose. The original longing begins with the impulse to realize unity. Everything that is created comes into this existence with the impulse to be unified.
- The more the sense of separation, the more dependency there is upon the things outside of ourselves that we think we need to be free.
- Every disturbance creates and reveals, at once, an awareness of a disparity between the observer and the observed.
- What we call a disturbance is awareness of ourselves. Usually we have no awareness of our interior life because these moments of disturbance are deflected and the awareness is avoided by a nature that believes it is the light.
- Disturbances are actually wake up calls, and they bring about the possibility of a harmonization between the Will of the Divine and the will of earth.
- A disturbance is not calling us to fix the moment. Rather, the disturbance is calling out the nature that believes it will lose something valuable if it does not fix the moment.
- The Will of the moment, the expression of each moment, is Heaven's ceaseless exercise of balancing creation, and we are what has to be balanced.
- What the disturbance "seeks" is an accord, a harmony between the two worlds that are illuminated in that same moment by the flash of awareness that is part of the disturbance.
- You can't separate a sense of self from what it imagines it will lose if it does not get what it wants.
- Freedom is natural when there is an awareness of what holds you captive. Our "supernatural" task is to be present to what we presently call the "natural" act of avoiding disturbances.