



WEDNESDAY, NOVEMBER 23, 2022

The Cost of Spiritual Freedom

Key Lesson: No one has freedom of speech who - for fear of being isolated, cast out, and left alone - feels unable to speak the truth they would, or to question what they see as false. And how much more so does the above hold true when it comes to the freedom to see oneself as one is...without endless self-judgment, and all of its painful justification. Being free to see is the ground of freedom; in its Light alone grows self-realization.

Talk Takeaways

- There will never be anything that we ever discover that was not already waiting in our consciousness to be revealed.
- Everything that is waiting to be discovered was made to be discovered.
- Whenever you have an impression of any kind, what you are really experiencing is your own consciousness.
- Part of boredom is the belief that one has already experienced every impression that is possible.
- How can a person not want to see what it is that they are seeing? Does not-wanting change the fact that you are seeing it?
- The resistance to seeing something about yourself is connected to the avoidance of the pain in the experience.

- When you are aware of the state of another person, it is because there is a corresponding resonance within you.
- The conflict and pain you feel when you see something you don't like is not outside of you.
- You can't outgrow yourself until you are willing to see and have the pure experience of yourself without interfering with that experience.
- The cost of freedom is seeing the pure experience of yourself without going along with the temptation to judge it.
- If you are not free to see, then you are not free to be what God made you to be.
- Real change usually occurs in the darkest, most difficult moments that you did not turn away from.
- "I want to see it all" is the interior prayer of the one who is interested in paying the cost for freedom. That prayer is always answered, no matter how many times we have resisted what we see. "I want to see it all." Then stop. Don't interfere. Keep it pure.
- Thinking about what you see blocks you from the pure experience of what is being revealed.