

Imagine: A World of Spiritual Freedom!

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Spiritual freedom is not a concept on many people's minds these days, yet spiritual freedom is the all-encompassing nexus of consciousness from which we define ourselves and evolve as spiritual beings. It is the wellspring from which we are able to accept and give love, and allow others their reality.

For many of us, religious freedom means being allowed to worship or not worship God in accordance with our beliefs without fear of repression—our country was founded on that specific desire. Religious intolerance, though, has been and still is considered an issue for us an ironic mote in God's eye. The difference between spiritual freedom and religious freedom is that spiritual freedom isn't based on codified thinking or a specifically adhered to group of perceived truths. Each of us must discover our own truth about principles such as cause and effect, compassion, balance, service, unity, and most importantly, love. Spiritual freedom operates in a fluid state requiring flexibility, detachment, and trust.

Ask a person what truth is and you'll find as many answers as there are people on this planet. Truth is relative and specific to the individual depending on their life experience. Unfortunately, people will go to great lengths to support their truth including attempting to stamp out another's truth. They become rigid and fixated with their version of truth, all because of fear—fear of the unknown, fear of losing what is safe and known, fear of being different. Truth without spiritual freedom can be debilitating and potentially destructive.

Discovering one's truth is actually much simpler than one would think. The first misstep most of us make, though, is looking to the external world for truth. The second is buying into someone else's truth, usually without questioning its veracity. The third misstep is in not seeking further by listening to our intuitive promptings. The third misstep is the most important as it implies a disconnection with our most significant source of knowledge, insight, creativity, and understanding—our Soul or higher self, that divine spark of Spirit. It is the ultimate source of "truth," providing each of us with exactly what we need to know not for others, but tailored for us individually according to our state of consciousness, life path, and with what we are able to cope. All it takes is a willingness to listen to our inner messages, and then taking action.

Taking action can be something as uncomplicated as shifting our perception about a situation to moving halfway 'round the world. For some, uncovering one's personal truth equates with "seeing the light." That can mean different things to different people and for some, in order to see the light they must die. Why wait until then? How do you get through each day of your life, grow as an individual, or find purpose in living if "seeing the light" remains to occur at the end of your sojourn? You don't have to die to see the light. Just look around you: the beauty of

nature, the sparkle in people's eyes, the daily miracles that occur— but only if you choose to see them. If you do, what gift of “light” or “truth” will you uncover that will lift your spirits, inspire you, bring clarity, or open your heart to greater love? How might you by the sheer fact of your being be a gift of light or truth to another without even trying?

Spiritual freedom: the outcome of opening your heart to a greater awareness, a more profound connection with Spirit. Does that spark your imagination? What do you envision: peace, joy, fulfillment, gratitude, tranquility, beauty, grace, love? Whatever fills your heart with warmth, center on it. Revel in your feelings as you let your imagination soar. Return to this simple exercise when you're feeling stressed or abandoned or unanchored. Your imagination is a vital key to a brighter world for yourself. Who might you become, what new heights of insight might you scale, what new understandings might you grasp? How much love can you stand?

Imagine a world of spiritual freedom and then live it. Let others be who they need to be, let them have their life, their experiences. Recognize that each is on an extraordinary path of spiritual enlightenment, just as you are, and that we're trying to do the best we can. Open your heart and know that as you grow spiritually, each step you gain uplifts all of humanity forever.

