

Newsletter "The Source" Waking up to Freedom

by Shihan Richard J. Van Donk

Here in the U.S. July 4th is a big day for celebration with fireworks and parties. Yet Independence Day can begin at any moment we choose. One of the greatest powers we have in this life is the power of choice. There comes a time in the life of all adult individuals that they must choose between being governed by others or becoming responsible, self-regulated human beings governed by the rules that they choose for themselves. Are you free? Don't be so quick to answer this one as it has many, many levels to it. The answer to that question goes deep into the soul of things whether it be mentally, physically, emotionally, spiritually, socially or financially. To be debt free is a challenge even for the most gifted and inspired individual.



"Within every human heart lies the courage to be free, waiting to be born" Richard J. Van Donk

Our matter of perspective plays the most important role in our discovery and choice. Freedom has a price - the extent to which you have given up your freedom is the length to which you may have to go to reclaim it. For some it's a short distance, for others a long hard one.

PROCESS OF GIVING IT UP- From the time we were conceived our most basic needs were provided for by others. Our needs to be nourished, fed, kept warm, comforted, and cleaned were totally provided with little or no effort on our part. We were taken places. Someone looked out for us and defended us. We took this for granted. Then, when we started getting old enough, we were taught that there were rules and that things were expected of us. If we wanted to continue to be cared for, we had to obey. Free choice can be limited when you are a dependent child who needs caring for. We were all taught how to speak, how to put on our own clothes, how to read and write. We learned from others what was supposed to be important to us and what should be ignored. We were taught what we could say and what not to say, where we could go and where we could not go, what we could touch and not touch, what was okay in public and what was okay in private, etc.

Obedience to the rules was demanded for acceptance by those we loved and depended on. We were conditioned so much by outside influences that the voices of those influences took up residence in our own heads, guiding our actions and making us feel guilty when we ignored their words and dared to act on our own decisions. Many people still have to check with all the other voices chattering in their heads before it's okay for them to do anything on their own.

From the furthest time back that we can remember everything important came from outside of ourselves, so why and when should we ever need to look inside of ourselves for our own direction? Our culture stresses that we have to be taught by someone or something external to us to learn so is it any wonder that most people are still waiting for someone else to do their lives for them, to give them the answers, to give them the next program to follow (i.e. What shall I do now?)

I have come to the conclusion that in the modern day world we don't give up our freedom - freedom is something that must be learned. Although there is an innate (inborn) desire to be free in all of us, freedom must be declared and claimed by an individual or a society. This country (U.S.) was founded by men and women who knew this and took responsibility for themselves. There was no government entity to provide for their needs, no safety net for their mistakes. Does this mean give up all government? No, of course not. Some government makes life a lot easier for us all. But it's necessary to understand that most societies, religions, and governments rely and depend heavily upon you giving up your self-governing process of choice in return for the promise to help you, to save you, and/or to take care of you. As long as you give them yourself, your money, your support (and naturally train your children to do the same), and cast out and condemn anyone who does not support or agree with the ways and actions of the governing paradigm, then you're ok. But what if you start to ask questions and don't like the answers? What then?

Who freedom is not for-

Individuals who want and need others to govern them, support them, and be responsible for the outcome of their lives. Those who are lazy, greedy, self-indulgent, and those who are incapable of respecting others rights. (52% of the American people are now supported by the government - 22% are in prison for nonviolent crimes).

Who freedom is for-

Responsible, caring, self-governing individuals: those who are ready to be committed to self regulation and are willing to be responsible for taking charge of their lives.

THE PROCESS OF BEING FREE-

If freedom is your choice you must declare your freedom, determine your level of responsibility and re-establish your connection to your core (Source). It starts with your internal freedom. Create your own set of personal house rules and values of what is and is not acceptable to you (if you live with others be sure they have their own input and make it a group effort), become debt free (in all regards), examine and know yourself in all your aspects and then re-pattern any beliefs and values that don't serve your highest good. If you are going to sacrifice anything in your life, then sacrifice the things that don't serve you to be the best human being you can

be: things like pain, hurt, and lack. No longer accept less than what you have established as your personal set of standards. Let go of the survival game and transcend the us vs. them attitude to realize we are all human beings living on the same planet and we've all got to wake up. If you are fighting the process of becoming whole you are not free and are therefore losing the very thing you seek. Seek joy and find it. Be fulfilled in each moment. Be a lover of this life.

Look to this day, For it is the very life of life. In its brief course lies all the verities and realities of your existence: The glory of action, The bliss of growth, the splendor of beauty. For yesterday is but a dream and tomorrow is only a vision; but today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope. Look well, therefore, to this day.
FROM AN OLD SANSKRIT VERSE

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