

FREEDOM IS OUR NATURAL STATE

Free-Spirit Consciousness

When children play in their imaginative realm they are beyond awareness of time and space. In this state, they are happily absorbed in a dimension where their mind is not engaged in an inner commentary or analysis of themselves in relation to their game. For the sake of this writing, we can call this dimension a free-spirit state of consciousness.

You must have also observed that oftentimes when a child's free-spirit consciousness is brought into the realm of time and space it is met with resistance. For example, a young girl is playing with her friends, and when she is called away from the game in order to clean her room, she throws a tantrum or sulks. The transition of her attention from a subtle, formless realm to a physical realm causes unease in her body, so she throws the tantrum in order to deal with the energy.

Integrating Subtle Consciousness with the Body-Mind Realm

As hormones develop in the adolescent, their energy is drawn down in the opposite direction of the free-spirit consciousness and is experienced more predominantly in the body-mind dimension; thus, the teenager develops her identity in relation to body and personality image.

Along with hormonal development, social sensibility develops, in which one is influenced by expectations to be smart, successful, attractive, popular etc. The moulding of an identity is necessary to develop independence and responsibility in life, which in a healthy state is an integration of free-spirit consciousness with time-space social expectations.

This natural gravitation of consciousness, due to body-mind development, is an awkward and confusing time for teenagers. For some souls, this process is extremely awkward and painful; in order to cope, they develop avoiding mechanisms to block the energy in an attempt to not feel their body.

When one is unable to integrate one's free-spirit consciousness with mind-body energies in a balanced way, the physical realm becomes so uncomfortable that doubt in oneself and one's ability to cope becomes a pattern of pain and suffering.

In my homeopathic practice, I have noticed that the inability to find the necessary balance needed to integrate subtle and earthly energies within ourselves, creates an energetic disturbance leading to eating disorders, body-image disorders, anxiety disorders, borderline disorders, to name a few. One who is dealing with these types of complexes can feel unable to deal with social expectations, leading to low self-esteem and a sense that their relative activities are overwhelming.

It is my observation and understanding, based on years of research, that a contributing factor to these types of disorders is the inability to integrate subtle energy into the more relative and grounded mind-body energy. It should be noted that these disorders are not

only experienced in teenage years; the malfunctioning coping mechanisms persist as a mindset as we mature into our adult years, and may remain even for a lifetime if left unresolved.

The Wave Is not Separate from the Ocean

The simplicity and purity of being is not taught to us; it is our original nature. A young child, in the purity of being, has no sense of freedom or bondage until an identity is formed through a process of conditioning. Our conditioned identity is built and moulded and serves to help us function practically in the world, but it is not our totality.

Consider the example of the ocean and a wave. Identifying merely with the individual wave limits our understanding of the ocean; whereas, when we perceive the essential identity of the wave as nothing but ocean water, we are enlightened and know our totality.

Our original being, like the expansive ocean water, includes our conditioned identity within itself, because the oceanic awareness knows that the water is never separate from the wave; however, the individual wave consciousness understands itself to be separate from other waves and also from the vast expanse of ocean water. In truth, the part is not at all separate from the whole. When we identify with the whole, our original spirit-consciousness resolves the struggle of the personality's partial awareness, just as waves resolve in their true ocean nature.

Waves rise and fall. This symbolizes the ease and unease of human experience. The witnessing consciousness neither rises nor falls; instead, it remains the whole ocean, out of which the entire human experience is its own play.

How to Recognise our Original Freedom

How can we personally relate to this example of the ocean and wave consciousness? When the thinking mind does not include the witnessing consciousness, we feel separate and incomplete, and so we continue, through all kinds of efforts, to validate our adopted identity in a futile attempt to experience our original freedom. Even the most glorious achievements do not bring a sense of lasting satisfaction, rather the aware soul is left to feel something is lacking.

Despite having been limited by its conditioning, the now developed mind has the innate intelligence to discriminate between our superimposed, conditioned identity and the witnessing consciousness. This mental clarity reveals an understanding that can tune in to our higher intelligence, which is our original being, the nature of which is freedom and lasting satisfaction.

We Are not Born to Be Bound

A human being is not born to be bound. One never gives up the desire to be free. All beings desire freedom— whether freedom from poverty, disease, hatred, or suffering—because freedom is the true nature of our innermost being.

In this writing, I have described how we feel bound, incomplete, uneasy, stressed, agitated, dissatisfied, and disappointed. We strive to prove and secure an uncertain identity, because we feel separate from our original being—our source and true home.

There is no freedom in being an identified character in our mental script, and so our inner awareness, feeling restless and uneasy, rebels against the limitations of the script. Even though no one wants to live a scripted life, people often feel helpless as to how to rewrite the character that appears to have been allotted to them.

Meditation Is Associating with our Free and Whole Being

Meditation evolves an association with the witnessing consciousness that examines and knows the mind's internal dialogue to be a script and not the description of our true, free and original nature. From this perspective, one can realise that problems, lack of freedom, worry, and fear are not solely the result of the mind's circumstantial story; rather, they are due to not associating with the witnessing consciousness.

When we identify with the whole ocean, we find a tremendous relief from the burdensome uncertainty that arises from the limited, wavering identity of our emotions, thoughts and experiences in life.