

On Freedom

Swami Prananda, mahaswami

June 27, 2019

Recently, my spiritual teacher shed more light on Freedom when she was asked this question: *“How does one be free without harming another?”*

Swami Prananda answered, “Each soul must define Freedom for themselves...Often a desire to be free is a desire to have one’s own way without regard for others, to be able to do anything because I want to! It’s a desire to do your own thing regardless of the consequences, now or in the future.

Look at all the people who insisted on climbing Mt. Everest this year regardless of their skill or experience. Look at the cost in human life, the destruction of the environment, etc.

It is the Aham Kara, the ego-mind, who wants freedom. There is a powerful force when Structure (the symbol of Saturn) and Freedom From Structure (the symbol of Uranus) oppose one another. You cannot be free until you learn what freedom is. **Free from what?**

You are a part of Life, not apart from Life. The idea that freedom means doing what I want is spiritually unhelpful.

Discipline the mind. Becoming free of the mind’s emotionality or the personality’s attachments and preferences might be useful goals of freedom.

Become silent when the mind is emotional. Stop trying to control others or interfere with their life. Become kinder and more peace-filled.

To become Free is to understand the Nature of Life: We are a part of Life, not apart from Life.”

