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Reader's note: Reflection delivers their messages in a particular way and though some editing has been done for readability, their unique way of speaking has been retained. Words like "indeed" are used as filler words to keep the channel open during the discourse and are left in to indicate pauses.

Reflection Article

FREEDOM

Reflection's Opening Comments:

Freedom, is this a Right, a Privilege or an Excuse?

This term "freedom" has become a very familiar concept in many spiritual circles. Some use this term lightly without understanding the total impact. *Indeed*, to begin with each individual comes into the world at large with, *indeed*, the understanding of free will and free choice, yet as human nature does show this can be taken to the extreme. Many would not fully understand this word "freedom" let alone the word "will". For each society that exists in your world on your planet Earth there be a multiple of societies that would view freedom in different measures and this be applicable to each thought process of each recipient within the individual societies as well.

In western society it is off times stated that the freedom of speech is upheld yet, *indeed*, many are judged for their opinion and hence beings hold back their thoughts for they fear the wrath of others; be it that of religion; be it that of government or be it that of morality or upbringing. Freedom or thoughts or freedom in general is off times considered an unattainable condition of life. *Indeed*, as you are directed in your particular society by the basis of your religion or belief structure whether it be that of Catholicism or Christianity in what ever measure that would appear, be it through some schools of thoughts in countries such as Islam or be it that of Judaism or other belief structures, freedom is defined by guidelines or conditions set down. People are free if they live by a certain rule. They are free to express as long as they don't say this or that. This same truth does hold strong in governmental bodies. For governments, *indeed*, are regulated by the laws of the time, one is free to give their opinion as long as it is not against the government, or this "freedom of expression" can become treason, you see.

True freedom exists in a way of being; it is not dependent upon the externalization you see in the reality you choose to exist in. It is found in a life style, how one would feel about the self. One cannot look at freedom alone, without the "will" for if there is not the "will" freedom does not exist. For the will is the driving force of freedom; *indeed*, it is the carrier of the thought; it is that which provides action. As you are born into your culture whatever that custom be, is chosen by the soul self, one does needs to define the process in which you would express that free action. If you are born into a society that dictates that

because you are female, freedom is limited and it would appear that you are given freedom or permitted to be so by the powers that be. Freedom is a right of human nature, yet off times is seen as a privilege and many times is used as an excuse to take action. The ingredient that is missing in the equation is found in the word "balance". For with freedom there is the need for consideration of the society that you exist in. It is not appropriate to say "I am a free entity and I am exercising my right to freedom by intruding on other entities be it with the use of violence, guilt or external power, you see. True freedom as a race is found in co-inhabitation of others, the acceptance of each without judgment. And we are now prepared for further queries on the issue of "freedom", director.

SK: *You talked about conformity, as a regulation of freedom, if one is conforming to something is that true freedom in your estimation?*

RE: Indeed not! For one is than fitting the self into a mold based on another's expectation.

SK: *What if that freedom goes against a law?*

RE: The life is chosen based on the individual's karmic need to experience a lifetime that would allow this law to exist. In other words one chooses a reality to learn what freedom is and in so doing would choose a society within that reality that would have certain conditions and laws in order to experience the extreme of that "freedom" to understand it thoroughly, you see, one would not know the colour white if they have never observed black.

SK: *Does this apply to all lifetimes?*

RE: On the planet Earth, *indeed*, for your planet is the one heavenly body that free will and free choice is unique to and is revered and observed by extraterrestrial travelers. On your planet there is a multitude of races and difference, which allows you to explore freedom and choice. Other planetary bodies in the universes would not hold the same multitude of differences that you do. There would not be countries. Their home planet is not sectioned by countries or borders and races. Each entity would be defined by the nature of their planet. This is your challenge as a race, which you have chosen for yourselves, *indeed*. And that is why the planet of Earth holds such uniqueness and is being observed by other beings. Do note that if you would see yourselves as Earlings rather than Canadian, American, Chinese, Australian, British or any other such title you would begin to

understand freedom. For real freedom exists without judgment and conditions.

SK: *You talked about freedom of speech and in different parts of the world that means different things, but lets talk about western thinking or society for the moment. Do we have freedom of speech?*

RE: Not in reality! Indeed, for it is that which is offered as a privilege, and given in such a way that individuals would have the illusion and belief that they have the right to speak without being punished or condemned. It would depend upon what you would speak about, you see. Let us look at religion. Religion has a whole has many different factions involved. We are not speaking here of spirituality, we are speaking of "organized religions".

SK: *Can you define this for the readers, please?*

RE: Indeed, religion is a belief, laid out by an organizing body that applies conditions and rules by which individuals "must" adhered to in order to be accepted in the religious body. Spirituality is a way of being. It is a life style based on acceptance, it is based on pure love. Not even what has often been described as through new age doctrine as "unconditional love", but pure love. Many religions teach "love thy brother or fellow man/woman" yet then there is the desire to convert said fellow brother/sister to follow their own religious path dictating there is a "need to save" them from damnation. Is this pure love and acceptance of the fellow brother/sisterhood?

SK: *Is not unconditional love what we are all seeking?*

RE: That is one of the pseudo expectations, for, as you do understand, the sub conscious mind does not relate to any negative format or words such as "don't, can't, should not" or any limiting word such as "try" or any that implies *un do*. Unconditional love implies to the subconscious mind the undoing of love; therefore, the strongest love that does exist is deep love, pure love that would *free* any conditions.

SK: *So be it conditional or unconditional it is not the optimum as far as love is concerned in your viewpoint. So then we are talking now about "polarity". How does polarity effect freedom?*

RE: Polarity in thinking, and this is applicable to most of your different aspects of planet Earth, brings into thoughts of black or white, right or

wrong, good or evil allowing only one choice, which is no choice and it focuses on extremes which disallows for multiple choices in fact denies the purity of spiritual essence. For you are born into the reality to experiences as many choices as you can without the intent of creating harm to another which includes the self.

SK: *So then would you view the sixties aspect of free love as one of those extremes?*

RE: This is correct, for that time in your history of free love was a rebellion and indeed, love is not rebellious it simply is. Yet in order to find the balance off times human nature goes from one end of the spectrum to another to explore both options and to allow for other opportunities. This exploration is a serious of lessons for the self.

SK: *Getting back to free speech as it applies to the media. Western media seems to define itself, what are your comments on this?*

RE: It defines itself, but in reality the media distorts the truth for its own purpose and the purpose is to sell based on emotional reaction by the readership rather than telling the truth. Truth, off times does not sell papers.

SK: *Can we talk about the relationship between truth and freedom, please?*

RE: Indeed, if you choose, off times individuals as a whole, as a race, fear truth. And when there is the fear of truth there is the limiting of freedom or free will.

SK: *So would that mean we only take a little bit of the free will?*

RE: Correct, as it is applicable to your present needs. Humanity as a whole fears taking a risk and if one wishes to explore what true freedom and will this would involve taking risks.

SK: *Why is that such a prevalent aspect to our nature as humans?*

RE: Indeed, the fear of rejection, the fear of persecution, the fear of what others would think and the need for acceptance and approval and to belong off times governs humanistic actions. For as a race your society and this is applicable to much of your world, does in fact govern itself by external opinion. In the seeking individual acceptance which creates controversy and confusion.

SK: *How does one, having lived within those limitations as you have defined them, go from a limited, judgmental human being to a free thinking and apply that in a day-to-day living.*

RE: This is found through self-acceptance. Many would give their opinion as a way to stir up passions in another. If one truly accepts themselves and would live by this spiritual drive rather than externalize and be constantly seeking it, this approval, moreover the disapproval of others to justify their belief that they are not accepted, which justifies their choices as an excuse not to succeed.

SK: *You talk about living the belief or walking the talk as the aboriginals say, is that the true road or path to freedom?*

RE: It is the beginning of the path, but there are many experiences along the path. Most important it is to keep an open mind the many different cultures of the world and to realize that each would choose a lifestyle for their own sense of being, their own karmic desire and therefore not to judge the choices of others. Best is to show by example and in so doing walk ones own talk, not the talk of others.

SK: *As individuals we view the choices of others, and I would use the famine in Africa and we all deal with that differently and I have difficulty understanding that as a choice. Could you enlighten us as to why that choice?*

RE: Firstly, often many would feel guilty for the choices of others and this guilt is used as a weapon to gain monetary support. Yet some would provide nourishment and clothing providing the type of food and garments that they themselves would deem necessary and overlook the need of the receivers of the gifts. They would forget the importance of education. Much of these conditions of famine and lack has been brought upon, setting aside climatic changes of course, by the so-called do-gooders of the world who would instill their needs onto the others. Interfering, if you will, with the natural progress and development of certain cultures. For examples, the missionaries who had a desire to teach aboriginal cultures that their own religious dogma was the way to salvation, bringing in Christianity or whatever religion that was desired turning them from development, hence this began a state of confusion. A feeling of what is right and what is wrong, and this influence has also influenced the difficulty at hand. Left on its own nature takes take or its own.

SK: *All right you have brought up the term nature and we have the term freedom, how do they play together and how does humanity balance these adequately?*

RE: When humanity chose to control nature, nature rebelled and indeed, nature in its very essence is freedom. So by abusing and attempting to control the forces of nature, than you in that sense bring that back upon yourselves.

SK: *How does that work?*

RE: One does get what they give. What you put out to the world is returned three fold.

SK: *Again, this is a phrase that is used by many religions and many groups; can you define how it works please?*

RE: Indeed, thoughts are energy and energy is amplify as it travels liken to a snowball that builds as it travels it amplifies and when it hardens and hits an unmovable force, that which refuses to change or does not give, it rebounds at a greater speed and it gathers more momentum and energy and builds even further until it returns to the source as a boomerang that returns to the self but in greater force. That which you do in the life will become a reflection and comes back to you.

SK: *Freedom and sexuality, a difficult subject at best for most human to deal with, yet it appropriateness has been defined within very ridged guidelines. Could you talk about freedom and sexuality please?*

RE: This of course depends upon what country you are in, you see, it does depend upon. that which the society states you "should" do. In many parts of your world, sexuality is denied because it is seen as an expression of joy. And when joy is expressed there is the fear of loss of control. Religion, once more, plays a role in this issue as well as the media, your communication devises, for the human being is influence by external opinion and religion has been the greater of this with advertising a close second. Religion off times indicates that the expression of sexuality is a sin against "God". When in reality, joyful sexuality is the laughter of the soul. It is that which creates life and yet the very act that creates the masterpiece of life is the very issue that is denied through your controlling factors which in turn is instrumental in the creation of what some call sexual perversion. Denial of the natural needs of the a race builds a desire for an outlet of same. Heterosexuality is not accepted let alone homosexuality, which is simply a choice and yet is oft times judged and denied. When deprivation is encouraged, an outlet is sought. Your race would rather witness war and the destruction of life than allow for the joy and witnessing of the creation. This creates the illusion in the minds of most that pain is ok and pleasure is suspect.

SK: *This issue of freedom, has been the issue between the genders, could you comment on that please?*

RE: Indeed, an old cliché that is not often realized and that is what is good for the gander is good for the goose and vise-a-versa. This means equality and balance yet it is that which is denied. Again let us return to religion as the beginning of this thought process. In the beginning your world at large was a male dominant society and focusing on the Christian faith with the fable of Adam and Eve, Eve was and is depicted as the temptress and evil doer, forcing Adam the pure essence of life and made in the imagery of the God self, to act by her external force. Eve was seen to be evil and in communication with the devil and therefore that thought has carried forward and been utilized throughout many factions of your reality. Hence the

female gender has been suppressed. In many countries still of your day, the female is seen as a possession much the same as one would own cattle or an obedient pet. In western societies have been suppressed and thought to be that of the weaker sex and therefore this so-called weakness has been supported and exploited throughout your reality and still to this day of your time does hold similarities. Yet there are still some other factions of reality that do realize that the greater power, if you were to use the imbalance of the terms lesser or greater, would be that female aspect, that which gives life or creates being that of the Mother Earth. The one who experiences the suffering and the joy to provide life and that in these factions of belief are revered. It is here that much of your male dominance society needs to learn and balance is necessary because it does require the two to create the three. And the number 3 is most important as that the reality to survive.

SK: *Yes, pertaining to religion the 3 has been prevalent in the trinity and in other aspects of religious beliefs. Go back prior to Christianity, prior to Judaism, prior to Islam and the modern religions as they are called, back some 4000 yrs ago when our world was "Pagan". Could you talk about freedom and that belief as it was then and how it has evolved now?*

RE: The true essence is to revere the equality of all life utilizing both the male and the female aspect and to express the self joyfully. To celebrate life, be it through song, dance, sexuality with the joy of being and to work with the energies of the life to enhance all in equal balance. Yet this lifestyle was seen as a threat to organized, intellectual religions bodies that would gain control of the populace by the denying of sexual joy. To keep the populous in fear and yet as well would adapt all of the tools that were used to rejoice life in the pagan reality.

SK: *Could we talk about freedom as in money and economics?*

RE: Indeed, many schools of thought that they find freedom when there is financial security and wonder why finances are always liken to the illusive butterfly always out of reach, never having enough. This is because they have the though reversed. They would have it backwards, you see. When one accepts the freedom of being it comes onto you. For money is the physical representation of what you believe of yourself. If you believe you are valuable, you will express your talents freely and will receive just reward for the expectation of self. If you feel worth, indeed, you will experience the worthiness of finances. If you truly feel or give yourself credit for your abilities then you will be credited with monetary return. "As you thinketh in the mind, believeth in the heart, so shall it be" again three states of being the number of creation.

SK: In closing, could we have your parting comments on the topic of freedom and possibly some suggestions for the readers in how best to apply it to their lives right now?

Reflection's Closing Comments

Children are born with the understanding of freedom, they pretend, they imagine, they explore. When a child's creativity is not interfered with they will teach the true essence of freedom. If their creativity is encouraged, *indeed*, if they are taught that they are free essences; children of the universe, they can as they grow and be free spirits in love, sexuality, communication, prosperity, and all aspects of life. It is never too late to learn: be as a child. Remember that you chose to live in the world

in a co-inhabitation with others. Freedom does not mean violation of another's freedom, it means acceptance of your own. It is a personal life experience, it is not that which is given to you, it is that which you are born to live. Laugh each day as a child; sing each day as a child and show by example to all those that you encounter for you are **free to be**.

And we do thank you for your energies!