

True Freedom

The whole purpose of the spiritual life is to find a true freedom, one that is real and everlasting. It concerns a letting go which is based on truth – the simple truth of impermanence, of our mortality. It may or may not be that this truth is easy to see but perhaps, in some way, we can accept that one day we are going to have to let go of everything we love.

The spiritual path, however, is one that sees the value, even the necessity, in letting go like this before we die – for this is the letting go that takes us to the freedom of spirit that is enlightenment, the highest bliss and everlasting peace.



I offer this for your reflection.

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