

Freedom – from Life and Death

BY SADHGURU

People talk about freedom as being free from rules, laws, and responsibilities. The word freedom usually comes in the context of: 'I want to be free from my troubles' or 'I wish I was free from the past', or 'I would like to be free from my worries and such.'

What is it that you want to be free from?

Freedom is not a physical release or an escape door. It is not about running away from everything. Freedom is not about doing only what you like to do. This is an aspect that most people get muddled with. Your likes and dislikes are the basis of your bondage. It is through the process of liking and disliking that one weaves a web of limitations that takes away the freedom to just be. The moment you establish your likes and dislikes, you are excluding parts of creation. In this exclusion you are trapping yourself into a lifelong bondage, which takes away the possibility of knowing life in its totality. In this, you deny yourself the wholeness of your existence.

Freedom is not about doing what you like. It is about being able to joyfully do what is needed for the situation. Action is always about the situation, not the way you fancy it. This will release you from compulsive action. Only one who has no need for action can know the true joy of action.

The freedom I am talking about is an expression of your inner nature, unbounded and ecstatic. It is a dimension where life happens to you in an absolutely explosive way. It is about being free from your own thoughts, emotions and actions. You can be with people and you can be without them. Right now, with billions of people living on this planet, loneliness is still driving so many to madness. The compulsion to be with people, the need to have company is so strong, that all relationships have become entangling rather than being a process towards one's freedom.



Freedom is the awareness that opens the way to intelligence beyond thought; an intelligence that makes life an expression of joy and peace, an intelligence that is the very essence of life and creation, instead of being a futile pursuit of that. It is only in being in touch with this that the process of life can become absolutely effortless. It is a way to be where every breath happens in the ecstasy of feeling the existence dancing within you.

True freedom means existing in the lap of Truth. Truth means to be beyond the transitory nature of body and mind; disentangling the self from the limited processes of body and mind. Body and mind being the vehicles with which you traverse through this life, being disentangled from them allows you the joy of using and enjoying them to their limits.

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Body and mind are the only two means of suffering. Being beyond them is being beyond suffering. Once the fear of suffering is taken away from your life, you will stride through this life with a different sense of abandon and freedom.

When you become free from suffering, you will never know any sense of insecurity. Look at your life carefully and see; almost everything that you have done is only in search of security. Though so much has been done in pursuit of security, have you become any more secure than you ever were? One needs to understand, the walls of self-protection that you build are also the walls of self-imprisonment. When you become free from the need for security, only then are you really secure.

Freedom is not an idea, nor is it a policy or a philosophy, but it is the alma mater of life. Unless you release yourself from the chains that limit you, you will not know life in its true essence and totality. The ultimate dimension of life is not God, but freedom - the mukti or moksha or nirvana; to attain freedom from the very process of life and death. To know life in a way that transcends the physicality of the existence and makes you available to the blissfulness of the core. It is only in absolute freedom that you would be capable of enjoying every moment of your life-of life here and beyond.

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