



## *The Truth About Liberation*

If in your life there are moments of anxiety, lack of fulfillment, boredom, grasping, insecurity, doubt and feelings of something amiss, you may actually be closer to Liberation than the person who is convinced that a life of illusion is truly satisfying (and Real). The trick, though, is to stop trying so hard to make it right; to stop trying to squeeze blood from a stone; to stop affirming the superiority of your illusion; and to let go of clinging to an outdated self. All that is required is the willingness to SEE and ADMIT the truth of what is really happening and what you are really experiencing. This willingness is the key, because however close you may be to Liberation, due to the power of free-will, the intention to prop up and protect the illusion of a good self and a good life, rather than see it for what it is, can go on for lifetimes! The ego never becomes Awakened; Awakening is letting go of the ego.

Taking a break from the me: Breathe easy, soften your focus, let the mind unwind, relax and settle back into the INHERENTLY good, vibrant and Loving Self.