

## Freedom As A Spiritual Longing<sup>©</sup>

The poet, David Whyte, writes that freedom is perhaps the ultimate spiritual longing of human beings. He states that freedom is only really appreciated when it falls within the parameters of a larger sense of belonging. In freedom is the wish to belong to structure in our own particular way.

You have freedom to make choices, or what is spiritually referred to as “free will” and in so doing, these choices almost always deepen into belonging. To belong is to feel connected to the larger whole, the universe, to others within that universe, and to oneself. For example, when you freely form an intimate relationship or make a commitment to your life’s work, you gain a sense of belonging to someone or something that forms the structure of your essence as a human being.

How often have you heard yourself say: “I want to be free of this pain, this hurt, this anxiety, this sadness, this turmoil, this ...” and the list goes on?

Perhaps the basic freedom for which you are longing is the freedom of knowing that to which you belong.

And that to which you belong is the structure of what cannot be seen by the human eye, cannot be touched by the human hand, yet can be felt by the human soul. Your connection with the Vital Source, the Energy that supports all that is -- that is to which you belong.

The “either/or” element of choice can be freeing in the sense that human beings have a sense of personal power when they know they have a choice.

“Both/and” is also freeing as it speaks to the power of inclusion, to the possibility that everything is at least worthy of consideration.

Freedom is opening to the possibility that physical, emotional, cognitive responses can be observed as transient events rather than chronic reflections of the self.

“Everything can be something else” said Alfred Adler. When we stay with the flow of direct experience, with sights and sounds, we free ourselves for the belief that change is possible for the betterment of all.

The spiritual longing of freedom is a journey from darkness into the light, from ignorance to awareness, from hopelessness to courage, from fear to love.

***Gloria McArter***