



Freedom, by Stephen Levine

"What most people call freedom is just the ability to satisfy desire. Many say, "I want more freedom" and what they mean is they want to be able to have more of what they want. But that is not freedom, that is a kind of bondage. Freedom is the ability to have or not have what you want without it closing your heart. Freedom is not to act compulsively on all contents of the mind, to let the contents flow away and tune to the unfolding. The content of your mind and the content of my mind may be different, but the process by which it unfolds is entirely the same." -- Stephen Levine

As we witness the passing of the "contents" our minds and continue our practice of meditation, we move a step closer to freedom, freedom from bondage.

Published at www.awakin.org on Feb 17, 1998