

TRUE FREEDOM!

Freedom is actually a very interesting thing to explore. When we say that I should have the freedom of choices, or I should have the free will to decide anything in my life, then there should not be any dependency on anyone or anything. If I really want that, I need to check what are the situations and different scenes of my life, where I feel dependency. For that we need to go within. But why within? Isn't Freedom all about going out, talking to people, parties and everything outside me? Freedom in the normal perspective is that I should be able to do anything I want. But if you want to go for a vacation, you need a leave from your work. And for

that, you are dependent on someone to grant you the leave. And if you don't get the leave from work, you feel like it's a bondage. Here you understand what dependency is. Anything that I am designing for myself or deciding for myself, is always accompanied by something depending on someone else. There's always something which needs the approval or the decision of someone else. So at last, this definition of freedom is not true.

So basically, we want freedom from rules disciplines and anybody who's dictating my life. Even a small child has the same complaint that, "my parents and my teachers are always controlling me".

The true inner self demands a bondage free life. But first we need to understand what is real bondage, to understand what real freedom is. Discipline is something like the traffic rules. If you are driving a car, you **need** the traffic lights, even though sometimes it's really frustrating. The red light for a person really in a hurry is an obstacle or a bondage. And you just want to break through and break free from that. So for individual people and individual situations, that red light is a huge bondage. But just imagine a road without any traffic lights! A road without any traffic rules. Everybody breaking through and breaking free from anywhere, wouldn't that be crazy! But that's discipline.

But sometimes we deliberately tend to break rules, not only in the traffic but in many other spheres of life. We really want to break the rules and feel that freedom. This is how our inner self is defining freedom. People agree that “I know what is right and wrong, but let me decide it for myself”.

But there are many things which go parallel with Freedom. It's a whole set of values and respect systems, a set up for each other which allows a society to function. When I say freedom, and that you should give me my space, I am also expecting the other to accept me as I am. But at the same time, I should also give the other person the same understanding and space.

But when we speak about society, we are facing a lot of judgement. And that creates an impression on us. How to be free from the impression of that judgement from the society?

I want acceptance from the other side, so I also need to accept what you are. And the way you think. So if you are judging me, that's your way of thinking. I should not be affected by that. I should accept that this is what you are. But let me decide for myself if I should be influenced by this thinking or not. Again, that freedom lies in my hand. How to be free from the impressions of our past experiences? The experiences which do not just decide my present, but my future also. How to be free from that?

First, we should focus on this present. Because today itself is going to be my past tomorrow. This present happening to me right now, is going to become my past tomorrow. The question is, how do I experience my present in my subconscious mind? Do I create any prisons inside me? Am I creating masters around me who are controlling my emotions and feelings?

Maybe I am able to choose and decide for myself and I break free from the rules and regulations you have made for me, from outside it may look like I am free from that.

But on the other hand, my emotions and my feelings are being controlled by someone else.

How the process begins--- when I say I **want** freedom, I **want** to do what I want to do, so in all these sentences the one common word is **want**. When I create a **want**, I become a prisoner. As soon as I say I **want** that you should not control me, this is where I actually give my control to you. What does that mean? It is the **want** that ultimately makes me a prisoner. Rajyoga is all about dealing with these inner wants that makes me less of myself. Ultimate mastery over the self is when I, the soul is free from these wants and then people recognise me as a leader and I contribute maximum to the society.

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