

Hunting That Elusive Freedom

By Toni Elizabeth Sar'h Petrinovich

How does your ego maintain its stranglehold? What mighty weapon does it wield causing you to fear nearly everyone and everything, feel a lack of all that is desirable in life, buried in guilt, hate, hurt, worry, irritation and insecurity?

The separation these fears arise from is based upon judgment – first of yourself and then of every other person, place and thing in your immediate (or *not so immediate*) environment. You *have* to judge yourself first because without your own condemnation there would be no reason to cast aspersions on anyone else. "If I know this about myself, he/she/it must be the same, I'm sure. I must protect myself from what he/she/it might do to me. If I push him/her/it away from me, separate myself from it all, I'll be safe." And then, guilty as charged, you and he/she/it wait for final judgment – from you! And, oh, how it comes!

This place of judgment is what I call "the edge that is not okay". And why do I call it that? Because when you are feeling/thinking/acting from the hate, worry, hurt, insecurity, etc., etc. you firmly believe is real for you, you are standing right at the edge of realizing how false your life is *in your own perception*. *In your own perception*, I say that again because it *is* your perception that is creating the lie you are feeling in your own mind (and it is a lie and you know it). No matter how you present yourself to the world, no matter what mask you wear or guise you use, in your own head (definitely not in your heart) you know that the presentation of yourself is false.

Now, how do I know this? Because **you tell me** everyday, consistently. As you are reading this article, you most likely believe (at least to some degree) that you are sort of alone in the fear, guilt, hurt, insecurity, worry and lack of love you feel. Believe me, you couldn't be more wrong. Every single person in this world is experiencing what you are feeling in one way or another. If this were not true, the world would be a much different place. So, first, know that you are *among friends* and now go to your edge.

And what is that edge, again? Why is it crucial that you look upon your situation, realize its extent and take measures to do something about it? Why is the edge of anything something you want to embrace? Well, first of all, the edge is not something you are necessarily going to fall off of though many would think that is what is meant here. While I heartily advocate leaping off the edge to find you can fly (figuratively speaking), the edge I am talking about is the divider between the old you that feels the fear, anxiety, lack of love, hate, worry, guilt and the you that *embraces* all of it, says "enough", and literally re-creates yourself into the *you* of your greatest desires.

The edge is the moment of feeling and experiencing that of which I am speaking today. In the moment of the anxiety, you stop and look at what you are anxious about – why? How does it solve anything? What are you trying to prevent from happening? In the moment of feeling lack of everything – time, joy, money, love – you stop and look inside yourself to see where you are not giving these same things to yourself rather than attempting to find them in a world that does not include them separately from you. In the moment of feeling the hate, you ask yourself why you want to separate from that which you hate and how you believe this is going to protect you and from what?

From the relationship partner that you want to understand you (it hurts when they don't) to the domineering boss who treats you angrily (you deserve respect); from the bank account that is getting ever-closer to zero (you work so hard; where is the money?) to the mother who walked out on you when you were a baby (you have "abandonment issues"), each and every one of these experiences were created *by* you, *for* you. It is your decision whether you are going to let yourself re-member the union with You existing within your soul memory serving to remind you that you are the only one who can change the direction of your life. The only moment in which you can make that change is NOW.

This is the edge because in the moment of your righteous feeling of being a victim of the world, you have the chance to cross the line, the edge, between the old you and the new

you. Does it sound like I am making it too simple? Well, it **is** simple. What makes it hard is your fear of being responsible for your own life.

I often say, "You are God in form" and hear in return, "No, I am not!" The response is so adamant all I can do is laugh. When you make the decision to stop playing victim to the various feelings and ideas you have decided to embrace, reach out and grasp the edge that is being extended **to you by you through** you, then you begin to get a glimmer of what it feels like to be awake. If you decide to **stay** asleep, that's up to you. No blame here – only a bit of laughter that you would believe you can stay that way ~ **impossible** ~ it is inevitable that you will re-member you are the Ineffable!

How to put the problem to rest? You must openly look upon your illusions and not hide them. Your illusions have no foundation. They are indeed "built on sand". They appear self-sustained, but that perception relies on concealment. Bring the illusions of your ego to the light and watch the foundations crumble. When you stop concealing what you are from yourself first and then from the world, you will experience the one thing you want to feel more than anything else – you will feel free.