



Life and Liberty

July 22, 2020

The cost of liberty is less than the price of repression.

W.E.B. Du Bois

The price of liberty is eternal vigilance.

Frederick Douglass

We are meant to be free—wholly, blessedly, dynamically free. When liberated of the false constraints that shackle and bind our desires and conjuring skills, we are able to bring forth untold riches. We are not meant to generate vast repositories of money and objects but reserves of endless potentiality and jewels that until now have never been minded. This is true value.

Freedom is a glorious thing, for we can think. It's within our thinking, after all, where we really get to expand and soar. We catch ahold of and then latch onto a vision. One caveat—do not cling. Our grasp must be loose so as to allow other possibilities to flow. There are always surprises awaiting us. There are always dreams more fantastic than we can begin to imagine wanting to take shape in our consciousness.

We've come this far by faith—and by envisioning and allowing. Our task is to knead the vision with spiritual practice—prayer, meditation and affirmations—and then to allow the vision to ferment rather than foment. While kneading be sure to avoid a descent into pleading. Rise up and sing a praise song of gratitude. Rise up and dance to the rhythms of the earth and sky and seas. Be in concert with the natural order of things.

Now we are free to live up to the ideals we have set for body, for soul, for country, for the planet. Now we are free to love up to the grand plans we once had for ourselves and for the world. When we stare inhumanity in the face, we slay it with shards of love and conquer it with fierce justice. In retribution we declare: I am and you will see me. You will see me because I am. I breathe. God breathes me. My life matters.

Affirmation:

I am free to live and thrive in a loving, dynamic universe! I am worthy. I am that I am!

Karen Brailsford