

Enlightenment and Liberation



*I have only one purpose: to make man free,
to urge him towards freedom; to help him
to break away from all limitations,
for that alone will give him eternal happiness,
will give him the unconditional realization of Self.*

—J. Krishnamurti

The true mystic—the one who has finally, totally, and completely let go of the world—has but a single goal: to be united with the Source of his or her spiritual yearning. This Source of Being that draws each of us at our own speed has been called many things, and gone by many names. It has been spoken of, always imperfectly, by countless seekers—each trying to find the map that will show the Way home.

Jesus, Krishna, the Buddha, and Lao Tzu tell us that the Way, the map that points the direction back home, lies within ourselves. But they also correct our misperception that there is a destination. They insist that there is no map, no home, no pilgrimage, nothing to do, nowhere to go, nothing to achieve, and nobody to become. They tell us that we are already home; that we are already One; that we already live in the Kingdom of God. To see this for ourselves, we have only to drop the gossamer veil that separates us from our Beloved.

Like the human need for religion, the yearning to be reunited with the Ground of Being, the desire to take the Way that leads back “home,” seems to be rooted in

human consciousness, perhaps even encoded in our DNA. And yet yearning alone is not enough. Jesus, Buddha, Krishna, and Lao Tzu tell us that we will not achieve enlightenment, or attain liberation merely by hoping for it. While they can light the way, they can't take our journey for us.

As we near the end of this book, the reader may have realized, as I have, that it is not about many different things, but just one: freedom. And what is freedom but to be released from the shackles of our own making? The teachers whose words are recorded here offer us the greatest treasure in the world: freedom from the limitations of perception, freedom from the cares of the world, freedom from attachment, freedom from craving, freedom from doubt, freedom from karma, freedom from suffering, and freedom from fear.

In the end, though, all the words in this book are just words. They provide a window, not a door. The great spiritual beings of all ages tell us the same thing: “We can unlock your cage. We can open the door. But it is up to you to come out and fly away home.”



JESUS

I have defeated the world, so do not let the world defeat you. I am free of it. You, too, can be free of it.

The Gospel of the Savior

Everyone who has heard and learned from the Father, comes to Me.

The Gospel According to John

When life's trials are at an end, and one is awakened, everything appears differently. This is attained by those who have overcome ignorance through knowledge. They have realized that life is no more than a dream.

The Gospel of Truth

Because you have renounced all things, endured all sufferings from one incarnation to the next, you have become pure light. Now you become king in the kingdom of Light.

The Pistis Sophia

KRISHNA

When lust and anger have been transcended, when your heart is under your control, when you have become self-realized, you are free—now and forevermore.

The Bhagavad Gita

He who acts for Me alone, who has Me as his goal, who is free from attachment, who is devoted to Me alone, and who holds nothing against anyone, he enters Me.

The Bhagavad Gita

Those who go beyond religion and seek Me, the Self, cross over the illusion to Me.

The Bhagavad Gita

Those who meditate on the ruler of all things—whose form can not be seen and whose essence cannot be known—passes through the fog of illusion into the sun of enlightenment.

The Bhagavad Gita

BUDDHA

When freed from that which binds, when the lust for life has come to an end, one is not born again. He is released now and forever.

The Sanskrit Dhammapada

When he has freed himself and understood hidden knowledge, he crosses over to the other shore. There he will stand on dry land.

The Catukka Nipata Pali Sutra

If wakefulness is always maintained, then dreams pass away naturally. When the mind ceases to discriminate, all things become as one.

The Buddha

The hero who has freed himself of all that has bound him has achieved peace. This one is enlightened.

The Itivuttaka Sutra

LAO TZU

When there are no more desires, and no more needs, and nothing attracts you, then you are free.

Chuang Tzu

To know the Tao is to be enlightened. To be one with Tao is bliss. Then you may die, but you will not perish.

The Tao Te Ching

The mind which has attained wisdom and peace becomes a mirror of all creation.

Chuang Tzu

Like glass, polish your inner vision until it becomes spotless.

The Tao Te Ching

JESUS

One who has true knowledge of God
reaches the Father
and lives in Him forever.

The Sophia of Jesus Christ

Jesus said to his brother James, "When
your eyes are fully open and when you
are no longer blinded by ignorance, you
will have transcended this prison of flesh
and reached Him-Who-Is. You will cease
being James, and be the One-Who-Is."

The [First] Apocalypse of James

That which has imprisoned me is
conquered, ignorance has been dispelled,
all desires have come to an end, all
the cycles of forgetfulness have ceased
to exist. Free at last, I now receive
peace in the silence of eternity.

The Gospel of Mary [Magdalene]

KRISHNA

Those who are perfected and have entered
Me will never again be born into this
transient body so burdened by suffering.

The Bhagavad Gita

Those who are free from attachment,
fear, and anger—and who have
complete trust in Me—become Me.

The Bhagavad Gita

All things return to Me; attaining
Me, there is no re-birth.

The Bhagavad Gita

BUDDHA

Freedom is attained when all desires cease
to exist. One who is free is aware that he
is free, and also knows that he will never
again come into this world. He has lived
a holy life and did those things that were
necessary to do. Now he is free forever.

The Fire Sermon

When one has freed himself from craving
and attachments, he rejoices in his freedom.
This one becomes a pure shining light
that becomes the light of the world.

The Dhammapada

I have traveled through many incarnations
looking for the builder of this house. Now
he has been found, so this house will not
be built again. Its walls have crumbled, its
beams have fallen. No desire for it remains.
I have reached the final destination.

The Dhammapada

