

COMMUNION MEDITATION....Be Free!

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. – Galatians 5:1

Two hundred thirty-four years ago, the Founders of this country signed the *Declaration of Independence* from England, determined to live free or die trying. For at least forty years I've contemplated the teaching of Jesus that if one continues developing the higher consciousness, I would as promised, "*know the truth, and the truth will set you free*" (John 8:32).

Political freedom is one thing; freedom of to be your True Self is something else entirely, even though we often get the two confused. One has to do with the Fixed Design of our Soul, the other with the conditioned mind of constantly fluctuating personality programs and scripts. Awareness of our Spiritual Freedom and Individualization begins to set us free from dependence on these outer powers; it opens and begins the development of our inner power. May today's bread and cup feed our Soul's Purpose.

With the bread, we taste the freedom of being our True Self, our Fixed Design, that is the true meaning of individualization. We have never really reached the stage of individualized souls, until we are no longer beings with conditioned minds, with biased hearts, and with addictive behaviors.

At this pre- 4th of July Communion, we can renew our pledge to be set free from all false conditioning to become who we really are, the True Self, our Soul Self, an individualized Light in the Fullness of Light. Anything else is slavery to an illusion. Truth equals Reality – who we really are, not whom we have been conditioned over lifetimes and in this lifetime to believe who we are. With the cup, Know the Truth and be set free.

Rev. Patsy