

*Extract from 27.3.21 Dialogue 'Freedom Is A Place of God In You*

Questioner: If there is only one single being, I, this Consciousness, this one Reality, why then I have chosen to be born into a family where there was a lot of dramas, tension, conflict and betrayal? Because as children we learn by observing the parents and adapt in order to learn and gain approval. Then we put ourselves into that box of conditioning and suffer as a consequence of that?

Francis: You were not born in this family. This family was born in You.

Q: Oh. [Long silence] Yes. But so this child body, just made these experiences?

F: No, this child body only appeared in You. You made the experience, You are the One that perceives. The child body is perceived. 'Was'.

Q.: [Silence] And all this suffering? During childhood and when I was younger? That was all out of my freedom?

F: Is that Your problem? In other words, why bring up the past?

Q: [Silence]

F: Whose past?

Q: Good point [Silence]

F: I am not denying the past appears in You. But you are asking about the suffering in the past. In order to understand who was suffering then,

obviously the one that was suffering then is the same to the one that is hearing my words right now. Would you agree with that?

Q: I would. Yes I do.

F: Ok. So, in order to understand the one that was allegedly suffering then, the only way to understand this one is by understanding this one that is hearing my words now. Not by understanding a memory from the past.

Q: Ahhh.

F: Only You can understand that it is You right now that is hearing my words. Now, as You are hearing my words, do my words affect You?

Q: Yes, I hear them.

F: Do they change you?

Q: No.

F: Do they affect you?

Q: No.

F: Don't they just appear in you as clouds do?

Q: Right, exactly

F: Now let's forget about my words. Take any other sense perceptions. Do they affect you?

Q: No

F: Any bodily sensations, do they really affect you, or they just flow through you?

Q: They just flow through me.

F: So basically, what makes you think that the situation was different then, in your youth, than it is now? What makes you think that you, this Awareness, was affected then and is not affected now?

Q: Maybe because a memory, maybe I hold on to a memory and to regrets?

F: If you understand clearly to what I am saying, you see that we have now established that the one that was suffering in the past and the one that is hearing my words are exactly the same. You have also established that my words right now - or any other perceptions - don't affect you. Doesn't that lead to the understanding that words in the past, or any other perceptions in the past, did not affect you either. In other words that you have never been affected, and your suffering in the past is always the projection that happens after the fact and that projection is due to the fact that you believe that there was a separate sufferer.

Q: Yes, I believed that. I did.

F: Yes. But if you understand that this Awareness right now is unaffected, and that right now is the only place where you can actually be, have the experience of this awareness, not by going in the past. That's why you understand that you as awareness were not affected, you are not affected, you will never be affected.

Q: Yes.

F: Things changes in the universe, always, yes. But it is this understanding of your reality that is unshakable, invulnerable. That's the liberating understanding.

Q: Yes. That touches me, I can feel it. It's beautiful. Yes

F: You see, what we call 'the suffering', there are two aspects to it: the physical pain. It affects the body, not the Awareness. Awareness is not affected by it. But then there is psychological pain. It affects allegedly an alleged limited person, an alleged limited psychological entity. What you understand when you understand that you are this unaffected awareness, you understand that this separate limited entity has never existed. Other than in your imagination, and therefore the psychological suffering was simply the exercise of such an imagination, and that it's not necessary as a result, it can be dispensed with.

Q: Well, maybe it helps when being an artist I play the character that suffers in a drama. So I can relate to that, right?

F: In India they have these theatrical art forms called Kathakali, which at the same time is also a path to liberation. In other words the perfect actor - according to this tradition - is the one that is completely free of his / her identity and as a result because of he is able to incarnate all kind of characters. That's the real actor, not the one that in Hollywood always plays the big hero. Ultimately the perfect actor is the one that is free from her personality so that she can personify any character. [...]