

Brief Dialogue from the 28th of April 2021 -bilingual English-Spanish - Dialogue.

Question: Where is Home? Which one is the Real Home, where is Home for you?

Francis: “Well, there is a home for the body, when we are Home we feel protected, we feel comfortable, we feel that we can be ourselves, we can be natural, we can get rid of the shoes, we do not have to play a game. So it would be a place where we feel safe, where we feel comfortable and where we are truly ourselves: we don't have to play games, we don't have to pretend.”

“So we have to ask ourselves ‘what does it mean not to be home?’ It means to feel threatened, not to feel secure, not to be comfortable - in other words to experience misery and to play a game, not to be what we really are, to pretend, not to be ourselves. So we would be home when we are ourselves, when we are comfortable (we don't suffer) and when we feel we are not in danger, so we are free from fear.”

“Out of these three elements I mentioned about what it means to be home the first one is the most important: to be what we truly are. Because if we are what we truly are, if we don't pretend to be something else, it turns out that then we will be safe and happy. Then, it means that if we don't feel security, and if we experience suffering, if we don't feel comfortable, it's because we believe to be something else than what we really are.”

“I have just said something without proof, but it is something that You can verify experientially. Every time You feel insecure, meaning you experience fear or desire, and every time you feel not comfortable, meaning you experience some form of psychological suffering, you can verify that you wouldn’t feel this insecurity, and you wouldn’t experience this psychological suffering unless you believed to be something limited, something else than That which you know to be.”

“I said ‘we believe to be something else than that which we know to be’. That is very important. Because in this moment what do we know to be? We know to be the reality which is hearing these words right now, but We don’t know to be anything else about this reality. For instance, we don’t know that this reality is limited, we don’t know that this reality is mortal, we don’t know that this reality is separate, we don’t know that this reality which is hearing these words is dependent upon this body. We don’t know that it was born, we don’t know that it will die.

So we experience suffering when we believe to be something else than that which we know to be, because what we know to be is simply the reality which is hearing these words. Something else than what we know to be is to be limited, to be born, to be mortal, to be dependent upon the body, etcetera.”

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