

## STILLNESS AND BATTLE

The human world is mad.

You can heroically struggle to change it, expressing your clarity as creative action. You may be born for this battle. You may love wrestling with the forces of woman and world.

Or you may love to sit still, empty and alert, radiating peace, allowing the primal power of your presence to transform your relationships and the world.

You may alternate between acting heroically and emanating peacefully.

Don't force yourself into creative battle or quiet stillness.

Experiment, and discover your most true way without faking it, day by day, moment by moment.

## YOU ARE FREE

You may have sought freedom.

Political freedom.

Religious freedom.

Freedom of speech.

Financial freedom.

Sexual freedom.

Freedom from stress.

Now, this search for freedom has exhausted itself.

You merely rest as empty awareness.

Open. Sufficient. Free.

Woman and world happen in your open awareness.

Experience freely comes and goes.

Freedom is no longer your hope, but your home.

You are the man of zero.