

# The Longing for Liberation



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Deletions have been made (as indicated) to avoid excessive repetition.

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## Introduction



In a recent article, Joe Martino, whom I very much admire, asked:

"What I see happening here is a shift that seems to show up as a seed planted somewhere in our being. Perhaps it is the seeds planted by prior experiments or perhaps it's an evolutionary pressure within our consciousness to continually evolve, maybe both!

"Either way, something is driving our curiosity to continue to ask questions in this realm, and for the scientists stepping outside of the incentive structure of our current scientific landscape, they are venturing into fascinating territory." (1)

Indeed there is something driving us, "an evolutionary pressure within our consciousness to continually evolve." Very well put.

Shankara called it "the longing for liberation," as we shall see, and this whole book is about it.

Longing is different from bliss, which carries us upwards.

It's different from love, considered narrowly (considered widely, all divine states, I think, are variations on love), which carries us outwards.

Longing adds to a base of love a degree of yearning for something deemed to be absent. It seems to invite us inwards.

We believe God to be absent and so we hunger for the One.

The stronger it is, the more it has us forget whatever it is we're about in life at that moment. Nothing can withstand this yearning when it grows very strong.

Finally at the end, as Sri Ramakrishna reminds us, we're rewarded by an experience of God, tailored to our desires and culture:

"He who from the depth of his soul seeks to know God will certainly realize Him. He must. He alone who is restless for God and seeks nothing but Him will certainly realize Him." (2)

"After the dawn out comes the sun. Longing is followed by the vision of God." (3)

But wait! Lightworkers have to temper this knowledge with the proviso that this lifetime is not about a simple seeking of God. We're all angels so no one will lose out on anything, post-assignment.

But until our work is done, we're asked to forego the higher levels of enlightenment, which are ours again after our task is finished. Otherwise we won't be interested in continuing our lightwork.

That having been said, it doesn't stop us from feeling the longing. We couldn't stop it if we tried. I've called the longing a "design feature of life." Sanat Kumara called it our "internal compass," "an innate part of you." (4)

"Every being, regardless of how far you think they have strayed or wandered still has that innate desire, that yearning, for liberation, for reunification." (5)

So now let's listen to what Earth's terrestrial sages as well as galactics and celestials describe to us as his innate feature of our lives - this constant yearning

for God, which nothing can satisfy except the taste of God’s love and reunion with the One.

### **Footnotes**

(1) Joe Martino, “A New Worldview Is Emerging That Can Change Our Perspective On Reality,” n.d., Collective Evolution, at <https://www.collective-evolution.com/2022/09/20/a-new-worldview-is-emerging-that-can-change-our-perspective-on-reality/>

(2) Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 777.

(3) Ibid., 83.

(4) “Sanat on the Longing for Liberation,” Jan. 3, 2022, at <https://goldenageofgaia.com/2022/10/28/339460/>

(5) Loc. cit.

## Understanding the Longing for Liberation – Part 1/3

October 16, 2016

<https://goldenageofgaia.com/2016/10/16/understanding-longing-liberation-part-13/>



*Folks, given that we'll be managing resources in the near future, our desires may get greatly stimulated.*

*When we feel a sudden rise of yearning, we may be fooled by it and attempt to fill it with yachts, mansions, wine, wo/men and song.*

*But this yearning may be a resurgence of the eternal longing for liberation, which I'd like to go into in this series, spurred on by St. Germaine's recent broaching of the subject on An Hour with an Angel. (1)*

*It's important that we not get derailed in future weeks and months by tugs on us that we think of as unrequited desire. Well, they **do** come from unrequited desire - but the desire is not for mansions or cars, but for God. Or if you prefer, for love.*

*I'm led to believe that God - or love - is all that a wo/man may desire without transgressing the law of their nature. (2)*

## **The Longing for Liberation is Inescapable**

Bhagwan Rajneesh once said of the longing for liberation:

“One cannot escape it. One cannot evade it. One has to go on the journey. The goal seems impossible But the urge to go is intrinsic. The need is deep in the soul.” (3)

Only a sage would recognize the subtle tug, the tidal thirst of this deeply-felt but almost-invisible need.

Everyone is affected by it, the pull to come home, the need to discover who we are and where we came from. Coming home, knowing the truth will set us free.

Said the Arcturian Group:

“Every soul is seeking to find and remember Itself, to rest in the peace and joy and love of once again experiencing who and what it really is.” (4)

The longing for liberation, the urge to evolve, the impulse to progress has been known to all sages, on and off planet. But very few of us understand it.

When we feel its vague but powerful tug, when we feel a chasm open up inside ourselves, we tend to fill it with things and experiences, but nothing works. The burn returns.

### **What is the Longing for Liberation?**

What is the longing for liberation? Saul describes it here:

“Buried deep within each human is a knowing that [God] is the destination toward which they are traveling.

"For ages, it has appeared to be a state of being that is to all intents unattainable. And yet a desire, a deep longing to return there remains, providing the unquenchable hope that drives the search to find that heavenly state.” (5)

On another occasion, he described it as an “inextinguishable Light”:

“[The] sense of hope has been with you since the moment of separation, because your Father placed within you the inextinguishable Light of His Love to assure you that you were not lost, could never be lost, and to light your way Home to His loving embrace when you chose to stop playing the ridiculous games that filled you with anxiety and hid the Light of His Love from you.” (6)

That same year, he took up the theme, calling the longing again “an inextinguishable flame to light your way Home.”

“When you apparently split from God, He could foresee the pain and suffering that you would experience, and He installed within you an inextinguishable flame to light your way Home when you finally recognized and admitted to the intolerability of your situation.

“This flame within each of you, which you refused to see or acknowledge for so many eons and instead attempted to hide or destroy, is once more apparent to you.” (7)

Saul has offered us the images of a knowing of our destination and a deep longing to return to it, guided by and drawn onwards by, an inextinguishable light or flame.

Let's look at others.

(Continued below.)

### **Footnotes**

(1) St. Germaine, "Embrace Your Desires," *An Hour with an Angel*, Oct. 6, 2016, audio at <https://inlightuniversal.com/st-germaine-reinterprets-desire-on-an-hour-with-an-angel/> and transcript at <https://goldenageofgaia.com/?p=282579>

(2) "I am all that a man may desire without transgressing the law of his nature." (Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 71.)

(3) Bhagwan Shree Rajneesh, *A Cup of Tea*. Rajneeshpuram, OR: Rajneesh Foundation International, 1983, 120-1.



(4) "The Arcturian Group through Marilyn Raffeale," March 20, 2016, at <https://goldenageofgaia.com/2016/03/21/arcturian-group-via-marilyn-raffaele-march-20-2016/>

(5) Saul, June 17, 2009, at <https://johnsmallman.wordpress.com>

(6) Ibid., Dec. 19, 2010.

(7) Ibid., Aug. 21, 2010

## Understanding the Longing for Liberation – Part 2/3

October 16, 2016

<https://goldenageofgaia.com/2016/10/16/understanding-longing-liberation-part-23/>



(Continued from Part 1.)

Shankara offers us a definition that sees the longing not as a desire to return home or as an inextinguishable flame lighting the way but as the unquenchable desire to break free from the chains of ignorance. He says:

“[The] Longing for Liberation - is the will to be free from the fetters forged by ignorance -- beginning with the ego-sense and so on, down to the physical body itself -- through the realization of one's true nature.” (1)

Notice the focus on the push of the will rather than the pull of desire. Notice also freedom from ignorance rather than freedom from desire. If "I want" is the problem for classical sages, Shankara focuses instead on ignorance of the "I."

Like Shankara, Adyashanti calls it an “impulse to be free” and says of it:

“The impulse to be free is an evolutionary spark within consciousness which originates beyond the ego. It is an impulse toward the divine, unity, and wholeness. It is an impulse originating from the Truth itself.” (2)

He goes on to call it “an inner pressure to evolve”:

“The impulse is an inner pressure to evolve, to become whole, to be free. It comes from your true nature, your already-present divinity.” (3)

The spirit guide White Eagle sees it, as Adya does, as an “innate urge to grow”:

“One supreme factor helps man along his path ... his innate urge to grow. Just as the seed in the ground puts forth its roots and struggles upward through the dark soil to the light, so also man works, at first unconsciously; he does not know what he is doing. Nevertheless, consciously or unconsciously he reaches ceaselessly towards an expansion of consciousness.” (4)

So to these sages, on and off planet, the longing for liberation is an impulse to grow, evolve, expand, be free. For some it's an exertion of will and for others an inner impulse or a deep desire.

I could go on citing the different ways that sages have seen the longing for liberation. But I've said enough to show that the sages can be shown to approach the task of defining the longing from different angles.

Their views are therefore partial (as all views are). It might be useful to combine them.

What we arrive at may be something like this. The longing for liberation is:

- An evolutionary spark within consciousness which originates beyond the ego.
- An impulse toward the divine, unity, and wholeness, originating from the Truth itself.
- A deep desire and longing to return home to God.
- An unquenchable hope that drives the search to find the way home.
- An inextinguishable Light or Flame that lights the way home.
- The will to be free from the fetters forged by ignorance - beginning with the ego-sense and so on, down to the physical body itself - through the realization of one's true nature.
- An inner pressure to evolve, an innate urge to grow, to become whole, to be free.

The longing for liberation is a driving impulse, a deep desire, an unquenchable force that spurs us to return home to God.

It's a spiritual urge and pressure, hope and light that draws us God-ward.

Tracking its rise and releasing its fall serves as a useful homing device, guiding us home.

It's part and parcel of the soul, of our physical and spiritual DNA, and will only disappear when we merge again with Source.

Whether we see ourselves as drawn by it or spurred on by it, the longing for liberation motivates us to leave separation behind and enter into unity with God, with the One again.

Tomorrow I'd like to look at the way the Company of Heaven recently reinterpreted the longing for liberation.

(Concluded in Part 3.)

### **Footnotes**

(1) Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 36.

(2) Adyashanti, *The Impact of Awakening*. Los Gatos: Open Gate Publishing, 2000, 3.

(3) Loc. cit.

(4) White Eagle, *Wisdom from White Eagle*. Liss: White Eagle Publishing Trust, 1983. , 92.

## Understanding the Longing for Liberation – Part 3/3

October 17, 2016

<https://goldenageofgaia.com/2016/10/17/understanding-longing-liberation-part-33/>



(Concluded from Part 2.)

### **The Longing for Liberation as the Desire to Love and Be Loved**

In more recent years, the Company of Heaven (CoH) appears to have shifted the emphasis away from speaking about a longing for God or even a longing for liberation, to speaking about a longing for love.

Since God is love, it can only mean the same thing. They could have talked about a longing for bliss or light or consciousness; it would also have meant the same.

I think the emphasis on love will make it easier for the different people of the planet to come together on a subject as potentially divisive as what drives us on as individuals and species.

Let's look at what the CoH has been saying.

Archangel Michael through Linda Dillon said that the one drive that was embedded in us was the desire to love and be loved.

"You have one drive that is embedded within you, within your core, and that is to be loved, to love, and to be the essence of love. And in that drive is, 'I will do anything to keep me on my journey back home, because what I am really afraid of is the separation.'" (1)

This is a wholesale reinterpretation of the classical, terrestrial perspective. No longing for God, no longing for liberation, and instead a longing to love and be loved.

Then AAM links up that longing for love to our overall journey from God to God, portraying the longing as a desire to be finished with separation. Love, partnership, union, an end to separation. This is the Divine Plan not only for this Ascension generation, but for all generations.

He has achieved two kinds of work here: He's reinterpreted traditional spirituality for the use of today's lightworkers, who are builders, constructors of Nova Earth.

And he's linked up this lightworker model with the overall plan of Mother/Father God. That plan is to have individual sparks go out from God into the world - which is a school in Self-Realization - and then return to the Source again, God meeting God in moments of our enlightenment.

Loving and being loved is the most effective means I know of to be rid of separation. But of course I'm speaking of what Jesus would call *real* love and what others might call universal or unconditional love.

Jesus speaks about "the weak faint image of real Love that is all that you can experience as a human" - I call that weak faint image "ordinary love." (2)

On another occasion he says:

"Truly, although you do need to care for it sensibly, your human body is a distraction because you are so aware of it to the exclusion of what is real Love, whose flame burns always within you maintaining your eternal existence." (3)

I call that "real love," transformative love. We blossom in it and it transforms any unwanted condition rather than being suppressed by it.

Here's Jesus, casting the longing for liberation as one for love:

“On this planet, in this universe, throughout the creation of the Mother/Father One, what people call instinct or drive is truly ... there is only one drive - oh, there is a drive to maintain human life, to eat, to sleep, but that is not what I am talking about. The drive [I am talking about] is to love; the yearning is to experience love, to give love, to receive love, and to know not only that you are loved and lovable, but that you are the essence of love.

“And you are at a point, my sweet family, where that knowing is upon you.” (4)

If this knowing is upon us, how fortunate we are. If it is not, it will be, sooner or later.

So now we have Archangel Michael and Jesus - two compelling figures in our world's spiritual tradition - shifting the focus away from God and freedom, to loving and being loved.

Everyone serves the Divine Mother. What does she say on the subject?

She called the desire to love and be loved a part of our physical and spiritual DNA:

“It is part, not only of what we would call your spiritual DNA. It is also part of your physical DNA, this desire for love and nurturing to both give and to receive.” (5)

St. Germaine amplified what she said recently:

“Part of your existence, part of how you journey back to the One, is through this cycle of being in form - through this journey of life as you

would consider it. The desire, innate and conscious, to be in that alignment, to be on that expressway back to the heart of One [i.e., the longing for love], is within you. It is part and parcel of who you are - what you can think of as not only your spiritual DNA, but your literal DNA.

“And, I want you to consider what I am saying. Your literal, biological, elevated, transmuted, lightbody, lightworker, loveholder self is [imbued] with this desire to align, to connect, to journey back to the love. When you acknowledge, connect, anchor, implement and begin to live that desire, then you are truly on your way.” (6)

As long as we fight this desire or try to fill it with yachts and cars, it struggles simply to be known and allowed. Once we know and allow it, it really accelerates, and so do we, he says.

The CoH sources speaking through Linda are not the only ones making this point about the longing being deep within our structure. Here's SaLuSa through Mike Quinsey making it:

“All souls have DNA genes that give them the impetus to seek the truth, and that will inevitably cause them to continue searching for it.” (7)

So the longing for love - or for God or for Truth - is in our physical genes, the spiritual genes of our higher bodies, and our soul. That's how deep the longing goes.

What the CoH has said recently offers a total model of how to respond to the longing for liberation in the world, not for monks and mystics, but for lightworkers and loveholders

We're a collectivity of primarily urban folk, technologically trained, mostly karma yogis or followers of the path of selfless service.

No longer are we forest monks in lone meditation on non-dual Reality. No longer is the focus on liberation from all worldly desires and ignorance ("I want"). Instead it's a focus on loving and being loved, on giving and receiving, on expressing love in service and welcoming being served.

That real, universal, or transformative love will fill the yawning chasm.



It's loving each other that will unite the world. That's where the grace-filled energies are taking us.

As the Divine Mother has said, there isn't anyone who doesn't yearn for love.

### **Footnotes**

(1) "Archangel Michael on the Constructed Self and the New Normal," May 13, 2013, at <https://goldenageofgaia.com/2013/05/archangel-michael-on-the-constructed-self-and-the-new-normal/>.

(2) Jesus via John Smallman, March 22, 2015, at <https://johnsmallman2.wordpress.com>.

(3) Ibid., Jan. 30, 2015.

(4) "Sacred Union: Yeshua asks, 'Why should love have to wait any longer?'" through Linda Dillon, Council of Love, August 2, 2014, at <https://counciloflove.com/2014/08/sacred-union-yeshua-asks-why-should-love-have-to-wait-any-longer/>.

(5) "Transcript: The Divine Mother on Grace on Heavenly Blessings, April 30, 2013," at <https://goldenageofgaia.com/2013/05/transcript-the-divine-mother-on-grace-on-heavenly-blessings-april-30-2013/>.

(6) St. Germaine, "Embrace Your Desires," *An Hour with an Angel*, Oct. 6, 2016, audio at <https://inlightuniversal.com/st-germaine-reinterprets-desire-on-an-hour-with-an-angel/> and transcript at <https://goldenageofgaia.com/?p=282579>.

(7) SaLuSa, Feb. 3, 2012, at [https://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm) .

## Sanat on the Longing for Liberation

Jan. 3, 2022

<https://goldenageofgaia.com/2022/10/28/339460/>



In 2012, I asked Sanat Kumara to tell us about what Sri Shankara called "the longing for liberation."

Let me offer what Sri Shankara said and then Sanat.

"[The] longing for liberation is the will to be free from the fetters forged by ignorance -- beginning with the ego-sense and so on, down to the physical body itself -- through the realization of one's true nature." (1)

The will to be free from ignorance, to fulfill the purpose of life by discovering "one's true nature." Known thousands of years ago.

All things long for God. This longing is a sub-tidal thirst that nothing can satisfy but God herself (since it's the Divine Mother we know and who takes us to the Father). (2)

Now here's Sanat on the same subject. I quote at length:

Steve: Lord, I wonder if we have time before the program ends to discuss one more element of this whole equation. You've talked about the purpose of life, you've talked about the Divine Plan, you've talked about the Universal Laws. There's one more design feature of life which comes into play here, and I hope I'm correct in saying this, and that is what has been

called the longing for liberation, the urge to evolve, the desire to reunite with God, which some people say is built into us and keeps us moving towards God.

Is that correct, what I just said? And if so, could you elaborate a little bit on what's been called the longing for liberation?

Sanat Kumara: Yes, you are correct. And I would be happy to address this longing, this yearning for freedom, for liberation, and, might I say, for reunion. Now, let us talk about this aspect of the Divine Plan and the birthing of the plan. Because it was, hmm, it was instilled within you by the Divine Mother feminine, and it was the counterbalance — that is the term we would use — it was the counterbalance to free will, to choice; not a cancellation and not an interference. But it was the counterbalance to free will.

So it is in many ways your internal compass. You have compasses that always point true north. Well, your yearning for liberation, your yearning for reunification, your yearning to return home, back to One, to rid yourself of that illusion of separation, of isolation — which is very painful! — was the perfect assurance that at some juncture what you would do is choose to align with the Law, with the Love, with the Mother-Father One, so that you could catapult yourself forward, back home.

So, yes, it is an innate part of you. And this is a very important point that you have raised, because you are at this conjunction where there has been so much discussion, even amongst what you think of as lightworkers or lightholders, about who is permitted, who is right, who is wrong, who is permitted to ascend, who is not.

Now, let me suggest to you — no, let me say very clearly — those discussions are not of love and they are not part of the Divine Plan or the Divine Unfoldment.

Every being, regardless of how far you think they have strayed or wandered still has that innate desire, that yearning, for liberation, for reunification. And so, when many of us have spoken to you about this shift, of this change in consciousness, of this shift to the heart of One, of Love, we have been

very clear with you that the Divine Plan holds this doorway, this portal, this gateway open for all. It is completely inclusive. It is not exclusive.

And so even in the place of darkness, what, hmm, those on our side — and on yours, by the way, beings like yourselves at In Light Radio — what you are doing is igniting that spark of yearning, of that desire for reunification, of liberation, of freedom. And as it burns brighter and brighter, what happens is it begins to eradicate what you have come to think of as darkness or separation. And so it activates and it burns brightly to bring people to this place of seeking that liberation — in a variety of ways.

And sometimes, yes, that desire has been thwarted or misunderstood, and thought of as a desire for other things that have been of the worldly realm. And that has been an error in understanding. But many are being illuminated by this innate planting of the Mother, and many are saying “Well, perhaps my choices, my decisions, have not been that which is truly leading me to that place of joy, where I truly feel that I am on my path, that I am on my sacred journey, where not only do I feel that I am loved, but that I can love and that I am loved, and that I am in this wondrous journey with all who are with me, not just my fellow human beings, but my ascended family, my star brothers and families, and more importantly than anything, the Mother/Father/One.”

So I am very glad, my dear friend, that you have brought this point up and that we have had a chance to discuss this, not only as a fragment of discussion, but as part of a unified discussion about Divine Plan, why there is life, what the idea was, and why there is this body called Universal Law. Why is there this body that beckons you to adhere to unification, to what is lost?

So I thank you. But more than this, I thank each of you for actively, pro-actively, even in the trough and the crest of the waves, for seeking that truth and liberation, for actively working, and yes, co-creating with us more than ever. Work the creation formula! That is why we have given it again, very simply, succinctly. (3)

An innate part of us. I used to call it a "design feature" and here's Sanat confirming that.

Our internal compass. I used to think of it as a homing beacon. Either way the implication is clear that we can follow the direction of our yearning. It'll lead us unerringly back to the One.

### **Footnotes**

(1) Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 36.)

Pseudo-Dionysius said of it:

"All things long for [God]. The intelligent and rational long for it by way of the stirrings of being alive and in whatever fashion befits their condition." (Pseudo-Dionysius in Cohn Luibheid, trans., *Pseudo-Dionysius, His Complete Works*. New York and Mahwah: Paulist Press, 1989, 54.)

See "Ch. 7. The Longing for Liberation" in *The Purpose of Life is Enlightenment* at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>

(2) On the subject of capitals: "We do not want anything capitalized." (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 12, 2016.)

On the subject of the Mother being all we'll know:

Steve Beckow: Why is the knowledge of you "more precious than rubies"?

Divine Mother: Well, first of all, it is the way that human beings can express how they know me. But knowledge of me is more precious than anything because I am your connection [to the Father]. When you are with me in the fullness of union, as full as you can know it while in form, then you are connected, and in, not only my creation, but my wisdom and my love. And in that is all. It is all you need to know or can know or will know. ("The Divine Mother: Come to Me as I Come to You – Part 1/2," Oct. 17, 2012 at <https://goldenageofgaia.com/2012/10/17/the-divine-mother-come-to-me-as-i-come-to-you-part-12/>.)

(3) "Sanat Kumara on the Purpose of Life, the Universal Law, and the Longing for Liberation," June 6, 2012 at <https://goldenageofgaia.com/2012/06/06/sanat-kumara-on-the-purpose-of-life-the-universal-law-and-the-longing-for-liberation/>.

Here are other statements of it:

Your design, the design that I have imbued you with, is that we are connected and one. And your greatest dream and desire is to be in unity and ultimately reunification so any sense of separation is what you think of as pain. And it is true. It is genuine. ("Transcript – The Divine Mother: Take Up Your Divine Authority (Repost)," June 9, 2019, at <https://goldenageofgaia.com/2019/06/09/transcript-the-divine-mother-take-up-your-divine-authority-repost/>.)

Your quest for knowledge and the truth can never really be satisfied until you reach the ultimate - The Source of All That Is. However, you will have innumerable experiences before you ever reach that point. You have yet to understand the concept of a never-ending creation. You will never run out of new challenges in the Multi Universes and dimensions that seem to go on for all infinity. (SaLuSa, Feb. 23, 2009 at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm) .)

When one has [a longing for] this inner quest, all else falls by the wayside: relationships, jobs, those things..... One simply KNOWS this is it! ("Judith Kusel: The Quest," March 17, 2022, at <https://goldenageofgaia.com/2022/03/17/judith-kusel-the-quest/>.)

It's this yearning that underpins all spiritual seeking: to discover for ourselves what we already intuit to be true— that there is more to life than we are currently perceiving. (Adyashanti, "The End of Your World," Daily Om, at <https://www.dailyom.com/cgi-bin/display/librarydisplay.cgi?lid=2262>.)

## St. Germaine on the Longing for Liberation

October 15, 2016

<https://goldenageofgaia.com/2016/10/15/st-germaine-longing-liberation/>



I'd like to amplify what St. Germaine said this past week on what sages call "the longing for liberation."

He reminds us of what all this incarnating and dying is all about - the purpose of life for us.

"Your deepest, greatest, fullest purpose, inherent, individual and collective, is your journey back to the Mother/Father One. Everything else is infill." (1)

"When you truly acknowledge within your sacred self, that your mission and purpose - throughout time, throughout all space - is to return to the One, then everything else truly begins to fall into place." (2)

What St. Germaine then said could be more or less considered a definition of the longing for liberation:

"Part of your existence, part of how you journey back to the One, is through this cycle of being in form - through this journey of life as you would consider it. *The desire, innate and conscious, to be in that alignment, to be*

*on that expressway back to the heart of One, is within you.* It is part and parcel of who you are - what you can think of as not only your spiritual DNA, but your literal DNA.

"And, I want you to consider what I am saying. Your literal, biological, elevated, transmuted, lightbody, lightworker, loveholder self, is embedded with *this desire to align, to connect, to journey back to the love.* When you acknowledge, connect, anchor, implement and begin to live that desire, then you are truly on your way." (3) [My emphasis]

Shankara's definition of it stresses freedom from ignorance, rather than reunion with the One. No difference. All roads lead to Rome. Shankara defines it thus:

"[The] longing for liberation is *the will to be free from the fetters forged by ignorance* — beginning with the ego-sense and so on, down to the physical body itself — through the realization of one's true nature." (4) [My emphasis]

If we want to consult the galactics on the subject, here's the Arcturian Group, showing agreement among ascended masters, terrestrial sages and galactic masters:

"Every soul is seeking to find and remember Itself, to rest in the peace and joy and love of once again experiencing who and what it really is. When an individual incarnates into third-dimensional energy, he comes with a plan for whatever experiences are necessary for his evolutionary process.

"Once in the denser energy of the third dimension he forgets this, but retains that *deep yearning for completeness.*" (5) [My emphasis]

The Arcturians confirm that we try to fill this yawning chasm with all manner of physical things and experiences and it doesn't work.

"Not understanding that what he is feeling is spiritual, he begins to seek outwardly for whatever he believes will bring him happiness according to his attained state of consciousness. ...

"Every individual is seeking to experience their innate wholeness, but not yet aware that it lies within, they turn every which way in the outer until in



some lifetime at some point they give up and start looking within to where it is." (6)

Buying cars, houses, yachts, trips, and so on satisfies the yearning for a brief time and then it no longer does because only God can satisfy us permanently and fully.

But coming back to St. Germaine, he places himself in a position that appears contrary to most spiritual teachers. Embrace desire? No, say the sages. Yes, says St. Germaine. "Embrace your desires as if they were the most precious gold that you could imagine," he says. "Why they might even be amethyst!" Excuse me? What?

St. Germaine is always playful and often does things to prick egos, explode pet theories, and tempt the resistant to come play. When he incarnated as the Comte de St. Germaine at the Sun King's court, he left large diamonds on the place cards of his party guests, which was one way he tried to get their attention. Walking through walls, one reign later, was another.

Here he's exploding the myth that desire itself is counterproductive.

No, not all desires are counterproductive, he intimates. In my words rather than his, we need to make a definite choice between what desires we'll pursue and what we won't. As Ammachi said: "Desire is of different kinds. There is no harm in the desire to know God." (7)

Krishna said the same thing: "I am all that a man may desire without transgressing the law of his nature." (8)

So we can desire God without harm and that's where St. Germaine is going with his discussion.

We both agreed that the desire for the Divine is a good thing. God and the divine (divine qualities, the Divine Plan, love, which God is, etc.) can be desired without any negative or karmic consequences. Nothing else can.

In fact, it isn't the possession of the object or enjoying of the experience that satisfies, but the cessation of desire upon possessing it. In that quiet space, too, the desire for God can arise.

My recent experience of "being alone with myself" allowed the space for the longing for liberation to arise and be felt. At those times, I gravitate towards my meditation cushion.

I don't respond to it by going out and buying a new car or a new coat. Instead, I go as deeply into myself as I can. That's the heart of my cocooning and the heart of my yearning.

After a while, the desire for possessions and experiences falls away. After the Reval I'll purchase a 2012 Volvo stationwagon (I like the shape) and rent a new apt. and that's about it. There isn't anything I want more than I want enlightenment; i.e., more than God.

It isn't often that a master comes and initiates a discussion about something like the longing for liberation. Usually it's assumed; sometimes obliquely referred to; but seldom explicitly stated.

But St. Germaine is always the explorer, innovator, and bringer of new ideas.

### **Footnotes**

(1) From St. Germaine, "Embrace Your Desires," *An Hour with an Angel*, Oct. 6, 2016.

(2) Loc. cit. I said on the program:

"If the listeners would like to hear more of the discussion of this desire to return to the Father/Mother which is deeper than our spiritual DNA, as you pointed out, it is a soul-implanted desire, then go to the Wiki, the *First Contact*, well, any of the Wikis, and enter 'longing for liberation' (in quotation marks) into the search box.

"The fact that we have this homing beacon implanted in us and that, in trying to fill it with houses and yachts and trips and various other experiences and possessions, we always fall short. None of these ever satisfies because that desire is, in fact, for the divine. So, that discussion, if the listeners want to pursue it further and see what the various traditions have said about it, is there."

More sources on the longing for liberation include: "Ch. 7 The Longing for Liberation" at <https://goldenageofgaia.com/spiritual-essays/the-longing-for->

[liberation/ch-7-the-longing-for-liberation/](https://goldenageofgaia.com/2010/08/20/the-longing-for-liberation/); "The Longing for Liberation" at <https://goldenageofgaia.com/2010/08/20/the-longing-for-liberation/>; "The Purpose of Life for God and Us – Part 1" at <https://goldenageofgaia.com/2016/08/21/purpose-life-god-us-part-1/>; and "An Integrated, Direct and Unitive Spirituality – Part 2/7" in <https://goldenageofgaia.com/2015/03/24/an-integrated-direct-and-unitive-spirituality-part-27/>

(3) Loc. cit.

(4) Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 36.

(5) "The Arcturian Group through Marilyn Raffeale," March 20, 2016, at <https://goldenageofgaia.com/2016/03/21/arcturian-group-via-marilyn-raffaele-march-20-2016/>

(6) Loc. cit.

(7) Mata Amritanandamayi, *Awaken, Children!* Vallicakavu, India: Mata Amritanandamayi Mission Trust, I, 27.

(8) Sri Krishna in Swami Prabhavananda and Christopher Isherwood, trans., *Bhagavad-Gita. The Song of God*. New York and Scarborough: New American Library, 1972; c1944, 71.)

## From God to God

May 30, 2021

<https://goldenageofgaia.com/2021/05/30/from-god-to-god/>



*Our collective spiritual journey resembles a torus*

I've heard it said a few times of couples during the Second World War that a couple who had one night of shore leave packed a lifetime into a single night.

What does that mean? ... Apart from the obvious.

It means they did whatever they could to move their "spirits," their state of consciousness from whatever it was to excitement, enthusiasm, zest, etc.

Just think about that for a moment and maybe put a bookmark there.

The est Training was about moving people from a lower, unconscious dimension of knowing to a much higher, conscious level. This was achieved by clearing our

issues and triggering a transformative moment, a sudden realization of Self. Why was it about that?

Sages speak about a "longing for liberation" that's built into us to keep us moving slowly but inexorably back to God.

We take for granted this desire to move from wherever we are to something better, more wonderful, more delightful. It can surface as a desire to do things better, improve our performance, look our best, speak civilly, help others out, and many other forms. It itself is a basic impulse.

We never ask ourselves if this pattern of behavior is a design feature of life and, if it is, what piece of the puzzle it is. We simply take the direction in which life moves for granted.

Not all beings seem to want happiness and peace, for sure. There are beings in the universe who feed on fear - or "loosh," as they call it. Others long to be "masters of the universe." Some human beings would murder billions of "useless eaters" if they thought they could get away with it - perhaps by way of a pandemic.

Those people are exercising their freewill. In a demented way perhaps. The law of karma takes them and gives them back the experience they gave to others, which, in the long run, seems to wake people up.

Look at awakening itself. When we awaken, our upsets are gone. We feel freed up, rejuvenated. We awaken from wherever we are into a better state. Again the movement is from here to better.

Be that as it may, life seems to have a thrown direction. It's rather like the torus at the head of this article: all emanates from God, goes out into the world and then returns to God again. As Jesus said: "I came forth from the Father, and am come into the world: again, I leave the world, and go to the Father." (1)

The return journey to God is accomplished, I believe, by journeying deeper and deeper into the divine states, most notably the state of states, love.

I've discussed, before, this thrown direction to life as an in-built "longing for liberation," (2) a tidal, sub-sensible thirst for God that keeps us moving in the overall direction of the Good, True, and Beautiful.

Are we ready now to leave the wired world and resume in-person, face-to-face contact after Covid?

I'm still enjoying sweet isolation. I'm making contact with myself at deeper and deeper levels. I feel more confident after resolving several self-worth issues during this enforced solitude.

This commentary shows it. I'd never have noticed the thrown direction of my life if I were as busy as I was before the Mother called a pause or the cabal locked us down, depending on your point of view.

### **Footnotes**

(1) John 16:28.

(2) Shankara on the longing for liberation:

"[The] longing for liberation is the will to be free from the fetters forged by ignorance -- beginning with the ego-sense and so on, down to the physical body itself -- through the realization of one's true nature." (Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 36.)

SaLuSa:

"Your quest for knowledge and the truth can never really be satisfied until you reach the ultimate - The Source of All That Is. However, you will have innumerable experiences before you ever reach that point. You have yet to understand the concept of a never-ending creation. You will never run out of new challenges in the Multi Universes and dimensions that seem to go on for all infinity." (SaLuSa, Feb. 23, 2009.)

See also: "Ch. 7. The Longing for Liberation" in *The Purpose of Life is Enlightenment* at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>

"The Longing for Liberation," August 20, 2010, at <https://goldenageofgaia.com/2010/08/20/the-longing-for-liberation/>

“Understanding the Longing for Liberation – Part 1/3,” October 16, 2016, at <https://goldenageofgaia.com/2016/10/16/understanding-longing-liberation-part-13/>

“Understanding the Longing for Liberation – Part 2/3,” October 16, 2016, at <https://goldenageofgaia.com/2016/10/16/understanding-longing-liberation-part-23/>

“Understanding the Longing for Liberation – Part 3/3,” October 17, 2016, at <https://goldenageofgaia.com/2016/10/17/understanding-longing-liberation-part-33/>

# The Longing for Liberation at Work

March 23, 2022

<https://goldenageofgaia.com/2022/03/23/the-longing-for-liberation-at-work/>



I thought the Federation of Light captured my own state of mind very well:

"Many are choosing to become less involved in the rabbit holes. They know enough for now. Enough to know that THIS ALL MUST END. ...

"You are 'Rising above it'. You are lifting your Spirit into a place where you do not allow yourself to be affected by the goings on, because you have come to recognize that THE GAME is indeed, that. A GAME!" (1)

I suspect I'm being helped along this very route. If I think of watching something newsworthy, I feel like losing my lunch. I'm almost on a news fast right now. Someone is flipping a switch.

For days, and maybe even weeks, I've been feeling a vague uneasiness (unrelated to Paul's illness and death). I could not put a name to it. "What is it? What do I want? What is wanted of me?" It was definitely an itch I could not scratch.



And then, suddenly it dawned on me. I feel restless. And this restlessness is of a specific kind. This Shankara called "the longing for liberation." (2) I long to be somehow united with the Mother/Father One. Not the culmination - because then I could no longer serve - just more Light, more Love!

I know this is a true statement because the truth will set you free. I felt release when I identified this omnipresent sadness as the longing for liberation, the longing for God, the longing for love. The truth set me free from the condition.

I long. I yearn. I'm in pining for a lost estate. Many channels are telling us that we'll begin to remember more of our former state of consciousness. I feel it, rather than remember it. It's all about feelings, for me.

If I were a lightholder, my yearning might produce an enlightenment experience. But I'm a lightworker and a pillar (who stays till the end) so advanced enlightenment is not in the cards for me. (3)

I don't know if that might apply to you as well. Certainly gatekeepers are taking people (spiritually, probably) over "the rainbow bridge" into the higher realms and then coming back. They must be experiencing early Ascension.

I speculate that the turning up of the flame of desire for God, which is what this is, is a second tool (feeling indisposed towards the news being the first) being used to draw me gently away from the news front and back into spiritual commentary. If I'm correct, then this would be another illustration of how the Company of Heaven works with lightworkers.

So many days I've paced the floor and said, "What is it? What should I do that would satisfy this sadness I feel? And what am I sad for?"

Just by recognizing and acknowledging it, it's lifted in the foreground, although it's still hanging around in the background. I once called it a sub-tidal thirst that can only be satisfied by God. That's exactly how it feels.

Now that I know, I can go with it. I can let it in and let it out. My heart is fairly bursting at this moment with love for God.

This longing surpasses even the love I feel for writing. In the face of it, I stop and enjoy.

## Footnotes

(1) The Federation of Light through Blossom Goodchild, March 20, 2022, at <https://goldenageofgaia.com/2022/03/20/the-federation-of-light-through-blossom-goodchild-march-20-2022/>.

(2) "[The] longing for liberation is the will to be free from the fetters forged by ignorance -- beginning with the ego-sense and so on, down to the physical body itself -- through the realization of one's true nature." (Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 36.)

"All things long for [God]. The intelligent and rational long for it by way of the stirrings of being alive and in whatever fashion befits their condition." (Pseudo-Dionysius in Cohn Luibheid, trans., *Pseudo-Dionysus, His Complete Works*. New York and Mahwah: Paulist Press, 1989, 54.)

"The impulse to be free is an evolutionary spark within consciousness which originates beyond the ego. It is an impulse toward the divine, unity, and wholeness. It is an impulse originating from the Truth itself. This impulse to evolve is often co-opted by the ego, which then creates the illusion of the spiritual seeker. This impulse, which is inherently innocent, is something, in and of itself, has nothing to do with any seeking to attain. It is only when the ego co-opts the impulse and then tries to attain something that the seeker is born. This impulse, this spark of evolution, becomes almost instantly corrupted by a wanting which gives birth to the seeker." (Adyashanti, *The Impact of Awakening*. Los Gatos: Open Gate Publishing, 2000, 3.)

(3) Steve: Should I be orienting toward ascending early or not? I have this sense that I'm supposed to be here.

Archangel Michael: You're supposed to be here. ... If you sit with me and you ask of me to come right away, then of course, I will work with you. Such is my love for you. That has not been our Plan.

S: No ... well, I understand that I'm supposed to be doing what I'm doing. I don't want to be going against the Plan.

AAM: Then stay put, dear heart. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 13, 2011.)

# Going Deeper: The Longing for Liberation Observed

July 16, 2020

<https://goldenageofgaia.com/2020/07/16/going-deeper-the-longing-for-liberation-observed/>



I've written a number of articles on the longing for liberation. (2) It's a built-in, subtidal thirst which only reunion with God will extinguish or satisfy.

I've discovered something important about myself in regard to the longing and I'd like to share that discovery. Let me work up to it if you will.

We travel from God to God in a sacred arc which has a spiritual spiral to it. (See 3) We're driven forward by this below-awareness itch we can't scratch, this desire for more, that isn't satisfied until we reunite with God.

Hindus call it the longing for liberation. Other teachers have other names for it - "yearning for God," "quest for knowledge and truth," "impulse to be free," etc.

I've just gotten in touch with the form the longing takes in me. And just naming it for you calls out a response from my being, a resonant "yes," which confirms my suspicions.

The form mine takes is an impulse to go deeper. Continually deeper and deeper.

I just noticed the impulse a few minutes ago and, when I named it, "Go deeper," it was as if a cavern opened up inside of me and my experience became more blissful and peaceful. (4)

I said to myself, "This is clearly my path, my direction."

One teacher has called it "settling into being." Ajahn Sumedo tells us how to get there: "Let go, let go, let go." (5) Settling into beingness, settling into stillness, settling into silence. And then going deeper into that.

Going deeper into love. Going as deeply as I can. I hypothesize that there will be no end to love's depth.

For another it might not be to go deeper. It might be to "go higher," or "go inside." Who knows? We're all different and all paths lead to reunion with God, one way or another.

I've been asking myself over and over in the last week or so, "What do you want me to do?" And now I have the answer: Go deeper.

I feel as I imagine a man would who is donning his first scuba gear. I'm about to enter a new environment.

## Footnotes

(1) "My powers of concentration have been insufficient to have me feel confident that I can focus on being unified and congruent in my life for an entire day. But I'll start this day with that resolve." ("Focusing on Being Unified in My Life," July 10, 2020, at <https://goldenageofgaia.com/?p=311728>)

(2) See "Ch. 7. The Longing for Liberation" in *The Purpose of Life is Enlightenment* at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>

"[The] longing for liberation is the will to be free from the fetters forged by ignorance -- beginning with the ego-sense and so on, down to the physical body itself -- through the realization of one's true nature." (Shankara in Swami Prabhavananda and Christopher Isherwood, *Shankara's Crest-Jewel of Discrimination*. Hollywood: Vedanta Press, 1975; c1947, 36.)

"All things long for [God]. The intelligent and rational long for it by way of the stirrings of being alive and in whatever fashion befits their condition." (Pseudo-Dionysius in Cohn Luibheid, trans., *Pseudo-Dionysus, His Complete Works*. New York and Mahwah: Paulist Press, 1989, 54.)

"Your quest for knowledge and the truth can never really be satisfied until you reach the ultimate - The Source of All That Is." (SaLuSa, Feb. 23, 2009.)

"The impulse to be free is an evolutionary spark within consciousness which originates beyond the ego. It is an impulse toward the divine, unity, and wholeness. It is an impulse originating from the Truth itself. This impulse to evolve is often co-opted by the ego, which then creates the illusion of the spiritual seeker. This impulse, which is inherently innocent, is something, in and of itself, has nothing to do with any seeking to attain. It is only when the ego co-opts the impulse and then tries to attain something that the seeker is born. This impulse, this spark of evolution, becomes almost instantly corrupted by a wanting which gives birth to the seeker." (Adyashanti, *The Impact of Awakening*. Los Gatos: Open Gate Publishing, 2000, 3.)

What this says to me is that I will never be completely healed, completely restored, in all ways, until I'm One with God again.

(3) See "Sacred arc and spiritual spiral" in "Ch. 2 Is There a Plan to Life?" in *The Purpose of Life is Enlightenment*, *ibid*.

Briefly, the sacred arc is obvious enough. From God we came and to God we return. The spiral, which makes the arc look like industrial cable, is that way because we return to the same karmic lessons lifetime after lifetime until we learn them. Thus, when depicted, it looks like returning to the same place over and over again, making of the arc a spiral.

(4) Admittedly I've known I have a preference for the metaphor of deeper rather than the metaphor of higher. But never have I had a stronger inner response/confirmation of the importance to me of the resolve to "go deeper."

(5) "I'm making it very simple for you, to save you from getting caught in incredible amounts of suffering. There's nothing more sorrowful than having to attend International Buddhist Conferences!"

"Some of you might have the desire to become the Buddha of the age, Maitreya, radiating love throughout the world. Just be an earthworm who knows only two words - 'let go, let go, let go.'" (Ajahn Sumedho, Cittaviveka. *Teachings from the Silent Mind*. (Hemel Hempstead: Amaravati Publications, 1992; c1984, 44.)

# The Longing for Liberation

From Chapter 7, *The Purpose of Life is Enlightenment*, at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>



Last revised: 19 May 2010

## **What keeps us moving ever onward toward God?**

As we journey outwards from God and into the world and then away from the world and back to God, what ensures that we continue moving up Jacob's ladder of consciousness?

The sages say that we're driven onward by a kind of homing device – a low-level, steady, and eternal thirst, an undying but sub-sensible yearning which a considerable number of the enlightened masters are very familiar with. I consider it to be another design feature of life.

This thirst or yearning operates on us continuously, but so subtle is its impact and so powerful are our desires that we often misinterpret it and think that we're



longing for a relationship or an experience connected with the material life of the body and the mind.

Thus misinformed, we seek one relationship or experience after another in an endless cycle of desiring, acquiring and experiencing. Yet none of our acquisitions or experiences finally satisfy that endless longing.

And this is as it should be because that endless longing can only be satisfied by spiritual union with God and not by anything material.

The masters use various terms to denote it.

[Passage deleted as repetition]

To my way of thinking, it's vital that we understand how this longing operates or we can easily mistake its pull for something else. Without that understanding, we will find ourselves in relationships we find we never truly wanted or with possessions that never quench our thirst. We will fall into the countless pits that people do who try to fill a spiritual void with material things.

Responding to our inner ache this way, we set in motion an endless cycle of desire and spend countless lives trying to satisfy our cravings. We fail to realize what Pseudo-Dionysius called "the real object of all desire."

### **Consumed with longing for God**

One of the most ancient of spiritual texts, the *Upanishads*, says that God, who is our own true Self, will only make Himself known to the one who longs for Him.

"The Self is not known through study of the scriptures; nor through subtlety of the intellect, nor through much learning; but by him who longs for him is he known. Verily unto him does the Self reveal his true being." (5)

If we wish the final consummation of union with God, we must fan our longing until we're nearly consumed by it. Says Shankara:

"When renunciation and the longing for liberation are present to an intense degree within a man, then the practice of tranquillity and the other virtues will bear fruit and lead to the goal." (6)

Speaking from the fourteenth-century, the anonymous author of *The Cloud of Unknowing* emphasizes that, if we're serious seekers, then nothing must be allowed to overtake the longing of our heart for God. Satisfying it must be our only concern.

"Your whole life now must be one of longing, if you are to achieve perfection. And this longing must be in the depths of your will, put there by God, with your consent. . . . Hate to think of anything but God himself, so that nothing occupies your mind or ever will but only God. Try to forget all created things that he ever made, and the purpose behind them, so that your thought and longing do not turn or reach out to them in general or in particular. Let them go, and pay no attention to them: it is the work of the soul that pleases God most. All saints and angels rejoice over it, and hasten to help it on with all their might." (7)

Sri Ramakrishna used many homely metaphors to awaken in his devotees that degree of yearning.

"This yearning is like the state of mind of a man who has someone ill in the family. His mind is in a state of perpetual restlessness, thinking how the sick person may be cured. Or again, one should feel a yearning for God like the yearning of a man who has lost his job and is wandering from one office to another in search of work. If he is rejected at a certain place which has no vacancy, he goes there again the next day and inquires, 'Is there any vacancy today?'" (8)

Always he can be heard ending his talks or summarizing his teachings with an exhortation to long, yearn, or weep for God.

"Nothing whatever is achieved in spiritual life without yearning." (9)

"The gist of the whole thing is that one must develop passionate yearning for God." (10)

"Can you weep for Him with intense longing of heart? Men shed a jugful of tears for the sake of their children, for their wives, or for money. But who weeps for God? So long as the child remains engrossed with its toys, the mother looks after her cooking and other household duties. But when the child no longer relishes the toys, it throws them aside and yells for its

mother. Then the mother takes the rice-pot down from the hearth, runs in haste, and takes the child in her arms." (11)

"If the devotee but once feels this attachment and ecstatic love for God, this mature devotion and longing, then he sees God in both His aspects, with form and without form." (12)

Is this the degree of longing that Jesus had in mind when he blessed those who "hunger and thirst after righteousness: for they shall be filled" (13) or who "mourn: for they shall be comforted"? (14)

Given that Jesus discussed only what belonged to God, and not to Caesar, could the people he's describing be thirsting for anything other than God and mourning for anything other than their separation from Him?

### **My soul fainteth for Thy salvation**

Can we point to other examples of an intensely-yearning heart? Indeed, we can.

There are many saints and sages from all ages and traditions who weep for God. All who have been touched by the Divine hunger for more.

#### **Zarathustra**

"O Lord (my) God, these two things I long for — a Vision and a Talk with Thee." (15)

#### **King David**

"My soul fainteth for thy salvation....  
Mine eyes fail for thy word, saying, When wilt thou comfort me?" (16)

#### **St. Paul**

"For we that are in this tabernacle [of the body] do groan ... that mortality might be swallowed up of life." (17)

#### **St. Augustine**

"When a deep consideration had from the secret bottom of my soul drawn together and heaped up all my misery in the sight of my heart; there arose a mighty storm, bringing a mighty shower of tears. . . . I cast myself down I know not how, under a certain fig tree, giving full vent to my tears; and the floods of mine eyes gushed out, an acceptable sacrifice to Thee.

"And . . . I spake much unto Thee: And Thou, O Lord, how long? how long, Lord, wilt Thou be angry, for ever? . . . Why not is there an hour to end my uncleanness? . . . I seized [the Bible], opened, and in silence read that section, on which my eyes first fell: Not in rioting and drunkenness, not in chambering and wantonness, not in spite and envying, but put ye on the Lord Jesus Christ, and make not provision for the flesh in concupiscence. No further would I read; nor needed I: for instantly at the end of this sentence, by a light as it were of serenity infused into my heart, all the darkness of doubt vanished away." (18)

### **Blessed Henry Suso (of himself)**

"When I sang these venerable words sursum corda at mass, it usually happened that my heart and soul dissolved in tearful longing for God, a longing that immediately caused my heart to flee out of itself." (19)

"At this same time an immense fire was sent into his soul that inflamed his heart utterly with love of God." (20)

Sri Ramakrishna assures us that, when we can match these profoundly-yearning devotees of God, we too will surely see Him.

"He who from the depth of his soul seeks to know God will certainly realize Him. He must. He alone who is restless for God and seeks nothing but Him will certainly realize Him." (21)

"After the dawn out comes the sun. Longing is followed by the vision of God." (22)

We now know how to look upon this eternal yearning in our hearts. It's not for a new house or a vacation. It's for union with the Divine.

Let's take our next step on the endless journey of enlightenment: What's the one indispensable move we must make to bring us onto the straight and narrow path to illumination and liberation?

## Footnotes

(5) Swami Prabhavananda and Frederick Manchester, trans., *The Upanishads. Breath of the Eternal*. New York and Scarborough: New American Library, 1957; c1948, 19.

(6) CJD, 36.

(7) Anon., *The Cloud of Unknowing* trans. Clifton Wolters. Harmondsworth: Penguin Books, 1978; c1961, 52-3.

(8) Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 96. [Hereafter GSR.]

(9) GSR, 96.

(10) Ibid., 183.

(11) Ibid., 149

(12) Ibid., 173.

(13) Matthew 5:6

(14) Matthew 5:4.

(15) Duncan Greenlees, trans. *The Gospel of Zarathushtra*. Adyar: Theosophical Publishing House, 1978, 201.

(16) Psalm 119:81-2.

(17) II Corinthians 5:4.

(18) E.B. Pusey, trans., *The Confessions of St. Augustine*. London: Dent, 1934; c1909, 170-1.

(19) Frank Tobin, trans. *Henry Suso. The Exemplar, with Two German Sermons.* New York and Mahwah: Paulist Press, 1989, 79.

(20) *Ibid.*, 70.

(21) GSR, 777.

(22) *Ibid.*, 83