

## **Liberation**

1 The great metaphors from all spiritual traditions — grace, liberation, being born again, awakening from illusion — testify that it is possible to transcend the conditioning of my past and do a new thing. **Sam Keen**

2 You are destined to fly, but that cocoon has to go. **Nelle Morton**

3 The moment we choose to love we begin to move against domination, against oppression. The moment we choose to love we begin to move towards freedom, to act in ways that liberate ourselves and others. **bell hooks**

4 Let us live so we do not regret years of inertia and ignorance, so when we die we can say all of our energy was dedicated to the noble liberation of the human mind and spirit, beginning with my own. **Maya Angelou**

Maturity and experience are part of my liberation. **Alicia Keys**

5 . . . It's lunacy to put up with being chronically anxious, fatigued, or depressed as so many of us have. I rebel against that cheerless status quo, and hope you will too. . . .

6 Though we commonly think of freedom as uncensored speech, emancipation from slavery, and the right to vote and worship as we choose, you can't achieve total freedom until you learn to take charge of emotions, instead of them running you. This is a radical paradigm shift we all can make, regardless of our present anxieties or past hardships. **Judith Orloff**

7 As a black woman, my politics and political affiliation are bound up with and flow from participation in my people's struggle for liberation, and with the fight of oppressed people all over the world against American imperialism. **Angela Davis**

8 In every tradition, the spiritual journey seems to be presented in two ways. One is like a journey out of this messy broken, imperfect world of suffering into a sacred world of eternal light. At the same time, within the same tradition, the spiritual journey is also experienced and expressed as going right into the heart of this world of suffering and brokenness and imperfection --to discover the sacred. . . This kind of liberation takes one not out of this world but right into it! It is a release into action. **Joanna Macy**

9 It is my experience that the world itself has a role to play in our liberation. Its very pressures, pains, and risks can wake us up -release us from the bonds of ego and guide us home to our vast true nature. **Joanna Macy**

10 There is no liberation to compare with freeing oneself from the illusions and delusions of the age in which one lives. **Terrence McKenna**

### **11 To the people who have mistaken freedom for liberation**

To be free, you must embrace

the breadth of your own existence

without apology, even if they try to take

it from you. You must know, not that you

can do whatever you want; you are not

a kudzu vine, eating entire hillsides for

the purpose of feeding your own lush life. You

must know instead, that inside you are entire

Universes—milky blue, magenta, and gold—

expanding. But to actually be free, you must

know and you must fight for the entire

Universes inside of everyone else.

Being free is not a license, but

A promise.

**--Theresa I. Soto, Spilling the Light: Meditations on Hope and Resilience, UUA Skinner House**

## **For Reflection and Discussion**

A Is “liberation” a spiritual goal or theme in your life? Is it achievable? Does it last for a moment or do you think of it as lasting for all time?

B Are you aware of making progress? Is there some other language or metaphor that works better for you?

C Do you agree that, as Theresa Soto writes (above) that “Being free is not a license, but/ a promise”? What does that actually mean to you in abstract terms and in concrete terms?

D How does your experience--the sermons, the community, the music-- at All Souls influence your understanding of liberation and your ability to live into this understanding?

---Mary Beth Hatem, for covenant groups at All Souls Church, Unitarian

