



July 2013
From the Desk of
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Dear Friends,

By the time you receive this newsletter the 4th of July will be upon us. So I would like to take a moment to reflect on what it means to be free from a spiritual perspective.

Jesus informed his followers, *If you continue in my word, then are you my disciples indeed; and you shall know the truth, and the truth shall make you free. They answered him, We be Abraham's seed, and were never in bondage to any man: how say you, You shall be made free?* (John 8:31-33).

I know many of you might be thinking, *“Wait a minute. The Hebrews were in bondage in Egypt. Then with the Assyrians, the Persians, and the Babylonians. So how could they say ‘we were never in bondage to any man’ when the kings of these empires placed them in bondage? And even now, Rome controlled their very lives.”*

These are historical facts, but the author of John was not concerned with that. His purpose was to show how stiff-necked the Jews were of Jesus’s teachings. They saw him perform miracles of every kind and teach from a well spring of knowledge and wisdom not known to them.

If you continue in my word is another way of saying, if you follow the teachings I have given you, if you put into practice the spiritual principles of love and forgiveness I have shown you through the “signs and wonders I have performed, then you will know the truth and that truth shall make you free.

Everything that Jesus did had one reason only. To point us back to God. To show us how to regain our relationship with our Divine Parent so that we could know what it was like to be completely free. Free to live an abundant life with a sense of well-being.

It has been said that one cannot be truly free until they have peace of mind. That freedom breaks the shackles that hold one in bondage to fear, hate, bitterness, intolerance, pain and suffering.

People the world over are in bondage to something. Think about it. What holds you in bondage? What thoughts, emotions, hurts, pains or sufferings are holding you in bondage?

Jesus loved using metaphors to explain the spiritual principles that would set people free, *The thief comes to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly* (John 10:10).

The thief is any thought, idea, concept, perception, or experience that aligns itself with the activity of being in bondage. When we allow the Truth of our connection to God as beloved children, and to accept the words spoken by Jesus that, “It is your Father’s good pleasure to give you the kingdom.”, we realize the freedom Jesus is talking about.

Affirm: Today, I am set free from every prison that has kept me from my perfect good. I am free from every negative thought of disease, poverty, disharmony. My freedom and my inner security and peace of mind are founded on the rock of God’s omnipresence, omniscience, and omnipotence. Today and everyday I continue in the words that Jesus taught, and I am free.