

To Be Free in the World You Must Be Free of the World

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A message from **Dale Allen**

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[Editor's note: Dale Allen sent a beautiful message today, and also shared a poem, written 15 years ago, which speaks a perfect message for these times. I had just finished a heartfelt phone conversation with my son about "the world" and the challenges so many are experiencing. I still had tears in my eyes as I worked on the website when Dale's note came in. It brought such a smile to my heart that I asked him if I might share some of his note here with you. ~ Kathleen]

I'm sat here on the farm outside of the hut absorbed in an amazing sky and listening to JS Bach, with birds flying in complete harmony with every cord. Everything in perfect harmony. Even the descending darkness and the ascending light, all lovingly contained in beginningless and endless space.

I found myself under a dark cloud this morning, but sitting in the car alone in the countryside reading Nasargadatta this passage came up:

'To be free in the world you must be free of the world. Otherwise your past decides for you and your future. Between what had happened and what must happen you are caught. Call it destiny or karma, but never – freedom. First return to

your true being and then act from the heart of love.'

I'm hearing this more and more, from David Icke to Jeff Berwick and Max Igan.

If humanity catch on...

A friend sent me this. Timeless wisdom written 15 years ago, so powerfully relevant for these times.

The Shambhala warrior mind-training

by Akuppa, 2005

with gratitude to Joanna Macy

Firmly establish your intention to live your life for the healing of the world.

Be conscious of it, honour it, nurture it every day.

Be fully present in our time. Find the courage to breathe in the suffering of the world. Allow peace and healing to breathe out through you in return.

Do not meet power on its own terms.

See through to its real nature – mind- and heart-made.

Lead your response from that level.

Simplify. Clear away the dead wood in your life.

Look for the heartwood and give it the first call on your time; the best of your energy.

Put down the leaden burden of saving the world alone.

Join with others of like mind. Align yourself with the forces of resolution.

Hold in a single vision, in the same thought, the transformation of yourself and the transformation of the world. Live your life around that edge, always keeping it in sight.

As a bird flies on two wings, balance outer activity with inner sustenance.

Following your heart, realise your gifts.
Cultivate them with diligence to offer knowledge and skill to the world.

Train in non-violence of body, speech and mind.
With great patience with yourself, learn to make beautiful each action, word and thought.

In the crucible of meditation, bring forth day by day into your own heart the treasury of
compassion, wisdom and courage for which the world longs.

Sit with hatred until you feel the fear beneath it.
Sit with fear until you feel the compassion beneath that.

Do not set your heart on particular results.
Enjoy positive action for its own sake and rest confident that it will bear fruit.

When you see violence, greed and narrow-mindedness in the fullness of its power, walk
straight into the heart of it, remaining open to the sky and in touch with the earth.

Staying open, staying grounded, remember that you are the inheritor of the strengths of
thousands of generations of life.

Staying open, staying grounded, recall that the thankful prayers of future generations are
silently with you.

Staying open, staying grounded, be confident in the magic and power that arise when people
come together in a great cause.

Staying open, staying grounded, know that the deep forces of Nature will emerge to the aid
of those who defend the Earth.

Staying open, staying grounded, have faith that the higher

forces of wisdom and compassion
will manifest through our actions for the healing of the
world.

When you see weapons of hate, disarm them with love.

When you see armies of greed, meet them in the spirit of
sharing.

When you see fortresses of narrow-mindedness, breach them with
truth.

When you find yourself enshrouded in dark clouds of dread,
dispel them with fearlessness.

When forces of power seek to isolate us from each other, reach
out with joy.

In it all and through it all, holding to your intention, let
go into the music of life. Dance!



Dale Allen has been designing buildings from a child, and simply never stopped, exploring many ways of living and being along the way. He trained with a Shaolin master for 8 years, learning authentic QiGong and TaiChi and becoming a senior disciple. He trained with a Zen master for 3 years, a Tibetan master for 4 years, and was guided by an Advaita master for 6 years, as well as engaging in many other spiritual practices.

“From birth life bestowed inquisitiveness, non-acceptance of how things appeared to be, the ability to be completely empty, the patience to just sit with myself and observe, and empathy with those around me. Pretty much like most of us really.”

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Dale is a contributing writer at [Truth Comes to Light](#).