

## PREFACE




I am very happy to be able to present my second book: Freedom is a Human 'Being', which deals with topics relating to our own self-empowerment and inner-happiness. I would like to caution everyone that some of the topics I have written about and ideas presented could be disturbing or unsettling to your own set of beliefs. The ego may feel challenged while digesting some of the topics covered. If this is the case, ask yourself: 'what concepts or ideas am I so identified and attached to that these words I am reading trigger me in some emotional way?' Understand that they are merely words, and have absolutely no power. It is the ego that gives words power through the identification and attachment to its own personalized set of beliefs. These are the traps the ego sets that keep us from experiencing the true freedom of a human 'being'.


With the deepest respect and love... Panda



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## INTRODUCTION

In our truest nature we are exactly like the nature that inhabits this earth. We are filled with its awesome beauty, which is embodied in stillness, peace and love. This stillness, peace and love is the core essence that runs through all of creation. When we experience this truth, we start to recognize this essence in everything that exists. This experience is beyond the mind and is very difficult to explain or put into words. This is the 'mystery' of creation, God, the miraculous or whatever you wish to call it. This 'mystery' is something we cannot categorize, attach labels to or put our finger on. It's all the things that can't be explained or the things that seem to happen for no reason at all, everything that defies our sense of logic. This is the realm of limitless expansion, where absolute freedom resides. Before the development of our ego, when we were just babies experiencing this world, without opinions or judgments, we were free from our mind's criticism. We did not care if we were happy or sad, and we made no judgments, because the personality of 'I' was not there. Only pure consciousness existed, without limitation of mind, a true sense of being without the limits of time. The pure freedom of a human 'being'.

Panda, January 2010