

From Fire to Freedom

The Only 3 Questions We Ever Need to Ask

There is no question or dispute about it. Life is hard. It is hard for a reason. If we can lean into the “reason” why life is hard, we are halfway home to gaining freedom from the “fire” of life.

We are absolutely challenged at most every turn. Some challenges we can predict. We call that risk or intention. Other challenges simply fall in our lap, like certain losses or health concerns. We did not knowingly invite the fire into our life. Nonetheless we still must attend to the fire and resolve it. This is living.

How do we lean into the reason why life is hard? The short answer is that we must lean into ourselves. Life is an external dance we do with our internal world. We are physical beings. We must exist and try to thrive in a physical world. How we feel in the physical world is entirely dependent upon how we feel in our inner world.

We must become curious about who we are beyond the moment we are in. We must be willing to ask three questions. They are: Who am I? Where does my happiness come from?” And finally, “What is real and true?”

If in your curiosity you discover that you are indeed a spiritual being having a human experience then you automatically become involved in a reality that has no borders, limitations or ending. You may not know exactly what is going to happen when your body dies. You know that the essence that is you, your inner world, will continue in some form. In that awareness, you have framed your life in possibility and expansion. From that viewpoint you feel free, hopeful, and peaceful.

With this viewpoint, the limitations the physical life presents to us take on a different shape. Suddenly we see the limitations of the physical life more as experiences to learn and grow from, rather than hardships perpetrated against us by an unfair or

cold universe. We may even begin to play with the limitations the physical life presents and consider that we do not have to take them all so seriously. The moment we are in is temporal. In that awareness dimension and possibility is born. Suddenly life becomes eternal. The moment we are in is simply a dot on a timeline that measures existence to an analytical mind.

The challenge for human beings who want to live in and receive abundance is to learn how to break away from the scorching heat of fire rather than to identify with it. Rather than say “I am burning, so now I am fire!” We recognize “I am burning, because I am merging with the fire.”

To help us step away from the fire, we only need to turn our best attention to three questions. Who am I? What is real and true? Where does happiness come from? In these questions is where all our answers exist. If we focus on these three questions, they will provide the sustenance we need for every situation we encounter in our life.

When we discipline ourselves to see the fire as an experience to help us evolve, it provides a powerful point of view we can use to orient ourselves productively. In that we find comfort and safety. It does not mean we may never become rattled from time to time by experience. We are evolutionary beings here to experience being human, and all that comes with humanity. We will become stronger and less reactive to the temporal experiences’ life generates with or without our consent. We will enjoy the process of living much more, rather than worrying what is wrong with our life.

When we have an expansive and powerful baseline life philosophy, we can go from “fire” to “freedom” with grace. We maintain our inner power, which ultimately determines the quality of our life. The thoughts, ideas and responses that come from our inner narrative either take us out of the fire or keep us burning endlessly in it.

This is the road less travelled. It takes time, patience and quiet to be with ourselves. In our fast-paced swipe right world we do not want to slow down. We want the quick fix promised to us by advertisers, TV shows, and those who want to lie to us about what life really is. Those answers are inside of us. Be courageous. Ask the simple questions, who am I? Where does my happiness come from? What is real and true?

If you focus on these questions and seek answers that satisfy your mind, you will live a happy and fruitful life with minimal time spent in the fire. You will step away from the fire time and again to feel the power and joy that comes from living free.