

# Humility, the Herald of Freedom

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Now for our subject this morning, "Humility, the Herald of Freedom."

We should say first a few words about freedom. There are certain kinds of freedom that we do not necessarily care for. In fact humility will not have anything to do with that freedom. So let us first say a word or two about freedom. There are two kinds of freedom. There is that freedom, ordinary freedom, which comes through the exercise of ordinary free will. But that's not true freedom. By the exercise of ordinary free will, we do the things which we think we do by free will. We may wake up some morning and say, this morning, today, I'm going to do just what I please. I'm going to exercise my free will. But if you analyze yourselves you'll find that you are not exercising free will at all. You are following the dictates of your environment, latent impulses and habits. In fact, you don't decide what you're gonna do at all.

Those latent impulses, impulses from your surroundings, environment, and those deeply ingrained habits, they are the ones that tell you what to do. Is that freedom? No. But it is known as "ordinary" free will. So just remember that when you do that, you are following the dictates of ego consciousness which has been built up from impulses of environment, latent impulses, and habit. And that's what we do most of the time. We're creatures of habit. The only thing, the habits are not the right kind. The habits are worldly things, not things of Spirit. So remember, that first freedom, ordinary freedom, which comes from the exercise of ordinary free will, is not true freedom, because we are really not acting freely. We are acting automatically from these hidden causes.

Now true freedom is something different. True freedom means that the action which we do is the result of independent action which comes from our association with truth within or soul consciousness or God. Now when we act that way, then we are really acting freely, in a free way, we are exercising "true" freedom because we are not acting automatically. Do you understand? We are not being pushed into this action, or that action and don't know anything about it. We are acting independently as a child of God from soul consciousness. That gives us real freedom. Real freedom.

Remember there's no place, there's no place for true freedom in ego consciousness. Because ego consciousness was born with the body, subject to the limitations of the bodily consciousness and, therefore, we are not free. When the body passes away if we are attached to the body, our consciousness passes away with it. Is that freedom? Is that freedom of the soul? No. When we supersede ego consciousness by knowing God within, the soul within, and act from His guidance, then we have true freedom. So remember true freedom comes when through humbleness, humility you are received into God's presence, and from that presence, you receive guidance and through that action you attain true freedom.

So to sum it up let us just realize that in ordinary "I do as I please" freedom, you are not acting except from the fulfillment of desires laid up from worldly consciousness. And the sad part of it is, as we all know, that our freedom, instead of increasing, things get worse. There's no end to it. There's no freedom at all, if we follow the fulfillment of desire. One desire leads to another, that goes on, on, and on. Finally, we are absolutely helpless subject to habit, and environment, and latent impulses. That surely is not true freedom.

While on the other hand, in true freedom our action comes from impulses and motives from the soul. And what happens? That ties us to God. Where is true freedom? In God's consciousness, no other place because God is free. God is free. So remember true freedom, that which we are searching for, what we really want will come when through humility and humbleness, we know the soul consciousness within, merge in Him, feel His great love, then we are free, eternally free.

Now going on just a bit. We come to the question of humility. Humility. Why is, why is humility the harbinger of freedom? Why is this so? Well, because without humility we cannot know the soul, we cannot know God. And in God, in soul consciousness there is freedom. That's why humility is so important, that's why it is the herald of true freedom, the harbinger of oneness with God with His all-encompassing love and freedom. So humility is necessary because without it you cannot take one step toward God wherein lies true freedom. That's why you remember the Master, those of you who met him, how humble he was. He could be the other way. If he made up his mind you couldn't move him, but, otherwise, he was humble like a child. Why? Because he was one with God, and is one with God now, and is free in God's great omniscience. How he suffered here in this world for us. Those of us who knew him as we did for a

long time, we knew what he went through. Now I am so happy he is free from it. As he said, "My life is a ransom for many." And I'm sorry to say that I happened to give him trouble too. But still he wouldn't have it otherwise. No matter who came, he gave of himself, that great humbleness and humility which he got because he was one with God. And so humbleness is very necessary, if you are to take step toward true freedom.

Now we have a Bible reference which I always fall back on because you can't do any better. You cannot do better than to stick to the scriptures. And the Bible has in it especially the Christ consciousness, and the testimony of that Christ consciousness of the prophets of Jesus, the great ones, and other great prophets as Isaiah, from which I will read at this time. Isaiah, the 57th chapter, 13th and 14th verses. Now listen carefully, you will see why humbleness and humility is so necessary to attain true freedom. "He that puteth his trust in Me, He that puteth his trust in Me shall possess the land and shall inherit My Holy Mountain." In other words, the Holy Mountain is the place of God's consciousness. How can you put your trust in God unless you know Him? How can you do it? That's why Self-Realization is so wonderful. It gives us the ways and the means. Because the Master's teachings are a direct channel from God. It gives us the ways and the means to know God. Knowing God we can put our trust in Him. But you cannot know God unless you first establish in your heart humbleness and humility. Until you remove the dross from your heart you cannot know God. Self-Realization teachings, based on one who had that humbleness of God, who had removed from his heart all dross, can give you humbleness, if you follow it. If you follow Self-Realization, follow its teachings, you will find humbleness permeating your entire consciousness because they go together.

Now going on to the next verse. Fourteenth verse, "And shall say, cast ye up, cast ye up, prepare the way, take up the stumbling block out of the way of my people." Remember this, if through Self-Realization techniques, you follow them and establish that humbleness and then receive the grace of God's presence, no stumbling block is big enough to stop you on your way back home to true freedom. Realize that. God is the greatest thing we need. God is the greatest rectifier. There is no stumbling block. No condition. Nothing that can stop you, can stand in your way, if you make that connection with God through humbleness.

And this is the greatest verse, the 15th, "For thus sayeth the high and lofty One that inhabited eternity whose name is Holy," the vibration God, that's His name,

is Holy. That's God Himself in us. "I dwell in the high and holy place with him that also is of a contrite and humble spirit to revive the spirit of the humble and to revive the heart of the contrite ones." When you are humble, when you have established humility in your heart by following such an example as the Master of humbleness, when you do that, then you are one with God. Or rather I should say, God becomes one with you and dwells with you for it says, "I dwell with Him." Imagine it, just by being humble, eradicating the ego, doing away with it, letting humbleness flow through you and being one with it. What's the result? The high and mighty One, the Master of the universe who has created all things dwells with you. Isn't that worth it? Isn't that something to strive for? Isn't that true freedom? If God is dwelling in you, with you, aren't you free? Humbleness will give you that. If you establish humbleness, you will remove the dross of the heart. Then the Holy One can come into you. Humbleness will take you to God, because there can be no ego consciousness when humbleness flows through you.

Another proof we have in Matthew, the 11th chapter, the 25th verse, about humility. And this you all remember, and it is so wonderful when Jesus said, "O Father, Lord of heaven and earth, because Thou hast hid these things from the wise and the prudent, and hast revealed them unto babes, I thank Thee." Isn't that wonderful? Those of big lofty ego consciousness, they don't amount to a thing in the presence of God. But when we have that humility and humbleness that we see in the little child which is open and so beautiful before delusion gets into him, that's when God speaks. That's when we know God. When we have that spirit, the humbleness of babes.

And so finally from a metaphysical standpoint, we must realize that to attain true humbleness, the limited ego consciousness must be superseded by the spiritual consciousness of God within. The presence of God with you. Humility and ego consciousness do not go together. They do not mix. But that great presence of God, His great consciousness within us, you will feel, I will feel, all will feel, when we have removed all dross from the heart and have the consciousness of faith. Then we will be free. Until then, when we follow ego consciousness, we seemingly have a little freedom, but look at God. What does He do? Has everything. Has created world upon world, everything from God. Does He say anything about it? No. He's humble, like a child, and says, "Oh, I guess they don't want me yet." So He let's us go on seemingly enjoying ego consciousness. There's our greatest example, is the action of God. Having everything He doesn't impose Himself upon us. He waits, as the Master says, "I wait patiently for those who do not love me, to change." Isn't that the spirit of humbleness?

And so the Master said the heart must be pure gold. And he also said those who do not like me. I don't bother them. I wait patiently for them to change. I wait for them to be humble. To have humility. Then that presence of God which flows through Me will flow through them. Then they will be changed and instead of being bound by ego consciousness, they're free in that same consciousness which gives me freedom; the presence of God.

And so there you have two of the greatest examples, what God does. How humble He is with everything. He could in a moment smash us all up, but He waits patiently. He forgives us many times in the daytime, in the night. During our lives He waits patiently. There's our greatest example. The next example is the example of the Master whom, who put up with so much from us. And it took great humbleness, it took the complete eradication of his ego consciousness to be able to take what he did. The insults which he took. And he said, as Jesus said, "Father, forgive them, they know not what they do. When they have humbleness they'll appreciate and know Thy presence in all beings."

And so, in conclusion, ego consciousness must go. And the greatest way to eradicate it, to uproot it, is to be and follow the dictates of the Master with humbleness and obedience. That's the greatest way to eradicate the ego consciousness, because you immediately place your will below the will of God through the channel He has sent. Subservient to God's will by following the channel whom God has sent, the channel of the Master. It takes greater courage to obey the Master and follow his wishes and the law he has laid down, than it does to follow your delusion guided will. It's much easier to do as you please. It takes greater strength and courage to follow, bend your will to following the channel, the Master, God has sent, the channel of the beloved Master. But, what is the reward? Freedom. Freedom from the uncertainties, vicissitudes of life. Freedom from the paradoxes of life. Freedom of the soul consciousness which is God within each and every one of us.

And so, realize. Bend your will. There's much greater character in bending your will to God through the channel He has sent than following your little delusion guided will. Bend the will to God. Be humble. Then you will find God there, ready to greet you. He won't intrude upon your privacy, but He will be ready. The moment you are ready. He is there.

So I'll close with one little story which shows, or gives a good illustration of the eradication of the ego. The humbleness which must come, if we are to know

God, and the results which come by humbling ourselves. Doing away with this little ego which makes us feel we are so important. One time when the Master first came, I think it was the second year he was here, we went - some of you have heard this story, just bear with it - we went down, or up I guess it is, on the coast in Massachusetts to a place, it was in the Spring in April, and was it cold, as it is in Massachusetts. So we went up with the Master to a camp there, ladies camp, which should be occupied only in summer, and this was April, and of course, we nearly froze to death, but that's alright. We were searching for God. The Master was with us, who cared?

So, the first day we were there we were walking out on the shore. I was with the Master and there was a big breakwater, jutting out into the sea. Now I want you to realize that in April in Massachusetts, and the Atlantic Ocean, it is not warm. It's not like here in April, it is cold, and it's mean, and the cold penetrates you. So we were walking along and the Master was telling me about God and all the stories he used to tell. Suddenly he spied the breakwater, and he said, "Let's meditate." Well I had a premonition I was going to get something. He said, "Let's go out and meditate Doctor. Wonderful place."

So we went way out on the breakwater, it was low tide, and sat down. Not on cushions, but on rocks. And hard rock. And did my ego react. It says, "Who are you to put up with this?" And there the Master sat. And I was behind him and I sat, too, and I fought. I says, "Well, finally," I says, "if he can do it, I can do it." Then God was good. Then through the economies of nature, somehow I became numb or something. And I didn't feel those rocks. And by the Master's grace I was lifted. After a long time. Don't think I got off easily. But I wouldn't give in because I realized that, if the Master did it, it must be right even though my ego rebelled, and I felt humiliated in that sense, by being made to sit in that place.

But then I hung on, feeling, knowing then that it was right to do. Then, as I say, nature was good, the numbness came over me and I was at peace. I didn't know for how long until suddenly the waves began to break around us. All on the Master said, "Oh, oh, Doctor let's get out of here. Let's get out of here." Five hours. Five hours later we went out. But, what was the result of that? The result was this. By that effort I made, and I must say through the Master's help I don't know whether I would have stayed there or not, the effort I made, what was the result? The ego was completely subjugated, and since then I can meditate any length of time without feeling any discomfort at all. Now that's the reward, because by that effort, whatever effort you make for God and for the Master, repays you a million times. By that effort I don't suffer now. Some of you may

suffer. Go through what I did, you won't. I don't suffer, I feel alright. That's the result.

So, I had to humble myself. I must make you realize that that didn't come easily. Everything rebelled in me, from sensation first to thought and emotions, everything rebelled and said, "Get out of here, get out of here, why are you here?" In going through this misery. But something else within me, that consciousness which gives us true freedom said, "No, stay, follow the Master." So I stayed. It took a great lot of will power to stay. But am I glad I stayed. Because now it is of no effort, and it's a great joy to be able, unhampered, to follow the Master and taste of that freedom of consciousness which comes when the presence of God is made dynamic to your consciousness.

And so in closing, remember. Humility is absolutely necessary to attain true freedom. That's why it is called the herald of true freedom. Because you cannot take one step toward God unless, as Jesus said, we become like little children. As Jesus said seeing Nathaniel coming toward him, one of his disciples, he says, "Here comes Nathaniel," here he comes, "who is without guile," who is humble. Nathaniel had true freedom, he had oneness with God.

### *Meditation*

Let us be quiet for a moment or two. Make this which you feel, your own. Establish it within your consciousness. It is due to the fact that God responds to us. When we come here with united hearts to learn about Him, He responds. That's why you feel His presence. Now don't leave it, establish it within yourself. Take it in your activities today, not only today, but every day, and above all, give deeper and deeper concentration to Him. You will have true freedom.

Heavenly Father, Thou hast said, My sheep hear My voice. Father, we want to be Thy sheep. We want to always hear Thy voice. Be with each one of us.  
Aum, Peace, Amen

Now let us rise and sing our closing song. Sing with your heart, feel that great freedom of God's presence within you.

Organ plays "In the Beauty of the Lilies"

Raise the hands. Heavenly Father, Friend, Beloved God,

May Thy love shine forever on the sanctuary of my devotion, and may I be able to awaken Thy love in all hearts. Make my soul Thy temple, make my heart Thy altar, make my love Thy home. Be Thou the only King reigning on the throne of all my desires. I bow to Thee, O Father. I bow to Jesus. I bow to the great Masters. With my love and devotion on the altar of my heart, I bow to the beloved Master.

Aum, Peace, Bliss, Amen  
God bless you.

Organ music.