

In my experience (not factual knowledge) anyone who has the capacity to know themselves as consciousness and to be present to the emotions, needs, thoughts and defenses that resulted from early childhood deprivation and abuse, can learn to be IN RELATIONSHIP, with themselves lovingly. This is the enlightened state - for consciousness (who we actually are) to be in relationship with the parts of ourselves that are suffering. It is this loving embrace, knowing and presence that redeems all suffering. Suffering does not go away, but it becomes smaller and smaller in the vastness of discovering ourselves as part of the infinite, all seeing, all knowing, all loving. In other words, if we are firmly identified with the suffering as our identity, then we are lost in the suffering. If we are identified with Spirit/Consciousness/Love/Truth as our identity we will see, hold, be present to, accept and bring our compassion and love into relationship with our suffering. As we do this, our knowing of ourself becomes vaster and vaster and the suffering then apparently seems smaller and smaller.

The Zen way of saying this is, "A teaspoon of salt in a glass is bitter. A teaspoon of salt in a lake is indiscernible."

If you can understand what I have just said, and are then completely dedicated to the path of knowing yourSELF and only identifying as that SELF, and seeing your resistance to being in relationship with every aspect of yourself as a victim, and so also a perpetrator, and working through that too, then you can die in a state of grace instead of a state of hopelessness and despair, which is to die fully identified with being a victim of life, instead of a child of God.

It is not that everyone does not have this free will, it is that very few choose it. About 10% at the most of the world's population even if they had wonderful childhoods.

The case of Jeannie is very rare, and in watching the movie, I have wondered if this simple exercise of helping her watch her own broken human development from a place of consciousness would have been salvation, instead of trying to only teach her things her brain could no longer do.

Another example is that I have seen old people with Alzheimers die in love (their own love), but most die identified with not having a brain and not knowing themselves as consciousness - and it is a terrible thing to witness. But, in fact that is most people. Most people will remain identified with some incapacity as their identity. They get bitter and twisted and angry about losing a limb, not have intellectual capacity, not being pretty enough, not able to do math, play music and sing - they see all the finite things as an identity. And everyone one of us has things that we will never be able to do or learn or experience. Life in form is limitation. Life in Spirit has no limitations.

This body is only a very limited conduit for Consciousness and then we limit it even more. It can only broadcast one station in a very limited way. So, we must know ourselves as the Consciousness that is being broadcast, not the message coming through the radio/tv/ computer.

Consider this simple exercise. What do you watch on TV? Are you interested in every station, everything coming through, or have you identified with only one station and watch only one station. To do this, is to be firmly identified with only one aspect of Life. When you watch TV are you full of judgments, anger and criticism, or can you see what you are watching as one small aspect of something so vast that is held within the Love and Truth of the Universe. Where is your identification?

I hope this is reassuring to you and gives you a path forward. I see you and your partner as completely capable of achieving this kind of freedom, in loving relationship with yourself, and so each other.