



The Freedom to Be (Diamond Heart, Book 2)

A. H. Almaas

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We live in a world of mystery, wonder, and beauty. But most of us seldom participate in this real world, being focused rather on the parts that are mostly strife, suffering, or meaninglessness. The situation is basically due to our not realizing and living our full human potential. This potential can be actualized by the realization and development of human essence. The human essence is the part of us that is innate and real, and which can participate in the real world.

The series of books *Diamond Heart* are transcriptions of talks given by A. H. Almaas to inner work groups in Colorado and California.

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