



What does freedom mean to you and why? Some seek autonomy, flexibility, or authority. You may believe money provides freedom, which to some degree it does - but money won't stop your mind from racing. The ability to quiet one's mind and feed the spirit is the ultimate freedom.

What if freedom came from a vast stillness within instead of the traditional definition? Human beings like to control the outcome of their future and feel safe when life is predictable. I'm here to suggest otherwise. Within you is a stillness waiting for you to explore it, an uncharted territory where the only rule is practice being present in the moment.

A ravenous appetite for knowledge feeds the mind, body, and sometimes the spirit. But what about a desire for experience? Imagine feeling something you cannot easily put into words but yet one look can convey. To seek and enjoy new experiences in stillness will profoundly expand your relationship with personal transformation.

To desire freedom implies you feel trapped or lack control. Claiming you don't have a choice is akin to blaming someone else for something you did. Freedom is a choice. So why don't more people choose to feel free? Habitual confinement, not knowing how to start and feeling overwhelmed with everything else in life are three of hundreds, perhaps thousands of reasons.

Let's presume freedom as a state of being is new and you are starting at square one. Step one, start accepting the choices you've made, regardless of how you like the consequences. The simple act of acceptance gives you the flexibility to move on and stop harboring any guilt or shame you have around something that didn't turn out as you'd planned. Acceptance also cuts blame off at the source.

I could blame a lot of people for the situations I've found myself in over the years; however, I choose the circumstances that lead to any rise or downfall I had. For many years, agony was my reactive state when life turned sour because I didn't have any other tools to fall back on. Thank goodness it's a habit that changed.

Once I developed the capacity to transform some subtle yet unhealthy thoughts into taking action that moved me into a positive state, everything changed. Everyone has the power to go through discomfort and find freedom or at the very least, relief.



Although some people choose to be miserable, most don't. From out of nowhere, agony seems to have a way of creeping in. Suddenly the grip takes hold, and an already weak constitution can quickly become overwhelmed.

Before I left my 8 to 5, my husband had weekly power brunches. We'd gauge many areas of our lives over the course of the past week; share our successes and the areas we wanted to step up our game. One of the things on my list was to rate how "free" I felt. There was a multitude of factors which affected the rating:

- > The way I felt about working for someone else
- > How my healing practice was going
- > The workshops I had planned
- > The speaking engagements I had scheduled
- > The quality of time I spend with my husband
- > The things I do for fun, relaxation, and self-care

It's amazing how with practice, I could turn freedom into more a state of mind rather than a ring to grasp. If through the course all my activities I could feel free, then I suspect anyone can. My Spirituality played a large part of feeling free in spite of such a rigorous schedule.

Freedom is a choice. You are free to choose your response to any given situation; you are free to choose how to live and who lies on the pillow next to you at night. Although at times, it can feel like you have no choices, it's the consequences that keep the mind wandering.

Occupying a state of freedom offers relief from an over-zealous mind that wants to keep you engaged. You can turn off the monkey mind for a few moments by focusing on something as simple as your breath. Close your eyes or gaze at lovely nature photo and take a few deep breaths. Don't stress about not being in nature and appreciate the photograph. If your attention gets placed on feeling rather than thinking, you'll relax. Rinse and repeat.

Practice moving away from your thoughts and into the feeling of freedom you have a chance to realize any moment. If you're that unhappy with your present circumstance, find a way to change it. Use your imagination if necessary when you've forgotten how good letting go of stress, and overactive thoughts can feel. If nothing else, you are free to think as you like.

Don't forget to check us out on Facebook at Healing Through Your Story. This Wednesday night we go LIVE at 4:30 pm EST. Join the conversation!