

# True Freedom

YOU are always free, regardless of what you've done, been, or experienced.  
And in fact, you've proven many times that you are free. For example:

FREEDOM TO SELF-IMPRISON	▶ brought yourself down	gave people a big headache	did wrong	lost your way
FREEDOM TO SELF-LIBERATE	▶ brought yourself back up	gave people big joy	made right	found your way

BEEN THERE!

DONE THAT!

See? We've all made choices in all directions, and changed directions.  
And our choices made HUGE differences, BIG changes. If they DIDN'T, we wouldn't be truly free. It's part of our freedom that we have the power to change our lives—for better or worse:

## WE'RE 100% FREE TO CHANGE OUR LIVES!

If you don't like anything about what you're doing or being (or not doing/not being)—if any of it grates against your heart—it's not mandatory. You're free to change any habit, any pattern, any previous choice—or not.

## THE 6 MOST POWERFUL CHOICES WE MAKE

1. Will we listen to our heart, or ignore it?
2. Will we take responsibility for our lives, or not?
3. How will we interpret our situation?
4. What attitude will we hold about it?
5. Will we (choose to) love—and how much?
6. Who do we (choose to) think we ARE?\*

\* see the "Who You Are" card

## THE GREATEST FREEDOM OF ALL

The greatest freedom of all is the freedom to be you—and the range of what you are is practically infinite. There is an ocean of being inside you, with endless intricacies and possibilities. The joyful experience of freedom is yours when you draw freely from your inner ocean, and bring the treasure inside you to life. Now you can be freely, appropriately responsive to situations at hand. (So, for example, you don't have to get stuck being a prim librarian in the midst of wild dancers—or a wild dancer in a serious discussion.) You can be as you wish to be, or need to be.

*We enjoy true freedom when we don't refuse our freedom, or deny we have it. Instead, we USE it for its true purpose: to create delight and goodness. Now THAT's living!*