



Finding Freedom

Mount Everest, Nepal

Index

Introduction

Exercise 1: Self

Exercise 2: Freedom Strategies

Exercise 3: Freedom Quotes

Exercise 4: Closing Exercise

Disclaimer: Sharing Wisdoms offers free written materials that can be voluntarily downloaded and does not claim that they solve or cure any illness or problems.

Introduction

There are many kinds of imprisonments. One is when someone is really imprisoned physically and the other is when we feel imprisoned, which most of us experience from time to time. There are so many things happening which leave us feeling helpless, stuck and paralyzed. We believe that we do not have the power to change most of what is occurring in the world today. From Covid, to the political situation, to wars, to natural disasters and then on to our personal lives. So how do we maintain a sense of power and hope? How do we overcome all the events that we can do nothing about? The answer is to focus ONLY on what we can do something about. We are all leaders of our own lives, no matter how out of control and chaotic things are surrounding us.

Nelson Mandela and Mahatma Gandhi were imprisoned for many years. Yet, while in prison they both held the belief that that would see a victory one day. Nelson Mandela never gave up the knowing that he would be President of South Africa one day. Mahatma Gandhi always held the thought, that no matter what, his mission to free his country from the English was worth giving his life for. Both these men survived being imprisoned in tact – and both their beliefs became a powerful and long lasting historical reality.

Slavery is one of the biggest atrocity of the modern age. From work labor to sex trafficking to overtaking a country can surely boggle our minds and overtax our souls. And then we have all the separation mandates, who voted for who, who took the vaccination, who believes what and better yet, who is the minority. In truth, we are all a product of thought and opinion imprisonment. We no longer feel the freedom of expressing our beliefs in fear that we will be judged.

The answer again lies within ourselves. When we feel comfortable in what we believe or think, it matters not what anyone else believes or thinks. Our job is to not judge another for disagreeing with our knowing or opinions. We need to find it within ourselves to trust ourselves and our intuition. This does not mean we should not be willing to question and learn. Real freedom comes from knowledge, as knowledge is true power. It is something that no event or person can take from us.

True freedom consists of pursuing our own good, in our own way. An accurate definition of liberty is obtained only by seeking the principles of virtue, honesty and compassion. We then free ourselves from the chains that bind us. The growth of our heartfelt intelligence is in the end, the gut spirit of freedom. No matter the circumstances, none of us will feel free who is not master of their own mind.

Fortune is not associated with money. It is endowed in the person, who will not abandon their own soul, no matter who tries to rob or assassinate it.

Exercise 1

Self

Self-Respect – being free from no self-respect.

When situations arise where we know we can be defeated, all that matters is the ability to maintain our self-respect. We need to question.....Did we give it our all? Did we do everything we could? Did we go into denial and miss the red flags? If the answer to these questions are favorable, then no matter the outcome, we are VICTORIOUS. On the other hand, if we did error, we need to study the situation and learn how to improve ourselves for the next chapter. In doing so, we transmute a negative into a positive because our errors became an opportunity for our growth.

We are all here to learn. Mistakes are just events that create an opening for our awareness and intelligence. The more we learn, the better we become.

How would you score yourself on self-respect? 1 being the lowest and 5 being the highest. Where can you improve?

Self-Esteem – being free from low self-esteem.

What we think of ourselves is usually what others will think of us. Our self-esteem can only stay intact if we follow principles and integrity. The moment we sell out, we self-destruct. Our virtues follow us, even after we leave this planet. We only start to feel worthless, if we do not feel we are worth a high value. We need to stay true to what we know is right, even when others think we are wrong.

This is not an easy exercise. When we are attached to being popular, we tend to abandon ourselves. The Buddhists believe that attachments are the main cause of suffering. And losing our self-esteem is an extremely painful suffering.

How would you score yourself on self-respect? 1 being the lowest and 5 being the highest. Where can you improve?

Self-Empowerment – being free from disempowerment.

We are all powerful, yet in different ways. Because we had the courage and power to birth into this world, we surely have the power to handle it. Empowerment is not about prestige or money. It is about knowing who we are and why we are here. There are many variables that can confuse us, distract us, and possible even destroy us. However, real power is not based on how much we fall, but in how many times we get up. Like Churchill said, “never, never, never give up!” In truth, nothing is settled until it is settled right. Therefore, all human power is a compound of timing, knowledge and patience. Situations that create a hopelessness and defeat, in time, can also create a hope and success.

Social and news media today, feed our disempowerment. Everything is about negativity and fear, which instill our sense of helplessness. But we are allowing this to happen. When the majority of people will stop listening and tuning in to this media, it will eventually stop.

How would you score yourself on self-respect? 1 being the lowest and 5 being the highest. Where can you improve?

Exercise 2

Freedom Strategies

Mark which ones meant the most to you and why.

- _____ **When feeling scared know**
We are all an important part of a much larger picture.
- _____ **When feeling disempowered know**
One always empowers self when empowering others.
- _____ **When feeling uncertain know**
Our integrity and virtue are not up for grabs.
- _____ **When feeling devastated know**
Misery can only endure if we let it.
- _____ **When feeling confused know**
Clarity and certainty are the best weapons against defeat.
- _____ **When feeling overwhelmed know**
Success is the end result of failures.
- _____ **When feeling frightened know**
We cannot experience courage if we do experience fear.
- _____ **When feeling angry know**
Arguing is a waste of valuable time.
- _____ **When feeling confused know**
Emotional intelligence is vital during these unintelligent times.
- _____ **When feeling in doubt know**
Faith will take us through even the darkest of hours.
- _____ **When feeling defeated know**
The greatest success is to overcome evil with good.
- _____ **When feeling distrustful know**
Never trust anyone else to do the job you have chosen for yourself.
- _____ **When feeling insecure know**
The need to be liked leads so not liking ourselves.

- _____ **When feeling hopeless know**
Truth be known, we can find hope amidst despair.
- _____ **When feeling anxious know**
Being quiet is a formidable strength.
- _____ **When feeling ashamed know**
Helping another always, without doubt, helps our shame.
- _____ **When feeling blamed know**
If our intentions are good – nothing or nobody else matters.
- _____ **When feeling frustrated know**
That every good deed we do, even if tiny, is the seedling for a better world.
- _____ **When feeling like a failure know**
Every mistake is not only valuable, but important for our enlightenment.
- _____ **When feeling demoralized know**
The spiritual life is not a theory, it must be lived and it is worth more than gold.
- _____ **When feeling arrogant know**
There is nothing more powerful than being humble.
- _____ **When feeling depressed know**
Just as there are things to be depressed about, there are things to be grateful for.
- _____ **When feeling ignorant know**
Knowledge is the only everlasting power.
- _____ **When feeling intimidated know**
Doing good and being kind is always rewarded, in its rightful time.
- _____ **When feeling suppressed know**
Thoughts are the first ingredient of an end result–so think positively.
- _____ **When feeling humiliated know**
No one can make us feel humiliated without our consent.
- _____ **When feeling unimportant know**
Each and every one of us has a purpose to fulfill, knowing our purpose is utilizing our potential.

Exercise 3

Freedom Quotes

Mark the quotes that you loved the most and state why.

_____ To feel free is to be free.

_____ Attachments annihilate feelings of freedom.

_____ When our mind is unshakeable, we are truly free.

_____ WE cannot feel free if we do not like ourselves.

_____ Wanting to control someone else, robs us of our deserved freedom.

_____ Needing to be accepted interrupts the freedom of expressing our unique gifts.

_____ Knowledge is the food for freedom.

_____ To honor another is good but to honor ourselves is vital to our freedom.

_____ The only way to protect freedom is to realize that it is an inside job.

_____ God gave us 'free will choice' – so let's choose wisely.

_____ Forgiveness is the greatest freedom of all.

_____ Willpower is the vital source of freedom.

_____ When we are free to do what we want – do we do what we ought to do?

_____ Money can create freedom, if not attached to having it.

_____ Before loving another, one must allow them the freedom to express who they are.

_____ Real freedom is the freedom to fail.

_____ We are free from shame when we do the right thing.

_____ Having ill-will or resentments is imprisonment.

_____ Responding rather than reacting is a freedom from others insults that come our way.

_____ Accepting the things that are out of our control means we are free from the need to control.

_____ Focusing on solutions frees us from conflicts.

_____ When we refuse to lose our dignity, we are free from shame.

_____ A good sense of ourselves frees us from what others think we should be.

_____ Greed kills freedom.

_____ Feeling just as comfortable with what we do not know, as what we do know, is truly freedom.

_____ Humility and humbleness free us from ego.

_____ Freedom is knowing that we are indeed limitless.

_____ Selfishness disturbs the order of freedom.

_____ Our truth is at the heart of our freedom.

_____ If we are trapped in the confines of this world, we can never feel free

_____ Freedom is assured when there is no self-pity or self-censure.

_____ When we help another feel free, we have reached enlightenment.

Which quotes did you love the most and why?

Exercise 4

Closing Exercise

This planet is burning with fires of greed, anger, and corruption. The faster we free ourselves from this energy, the faster we free this world and the Universe it is part of. Change begins with each one of us, and we are all important in our own unique way.

To conquer oneself is a greater victory than to conquer thousands in battle. We may not be able to protect all those we wish to, but we can indeed control ourselves through our minds, our hearts and our souls. This is our hidden treasure.

1. Did you learn something from this guide, if so what?

2. Did you feel freer after doing this guide, if so how?

3. Do you feel more powerful in having a better understanding of freedom? If not, why? If so, how?

4. In closing, write a letter to yourself as to how you will protect and secure your feeling of being free.

5. Unfortunately, there are so many souls in this world who are not physically free. Look to see if there is a way you can be of some assistance, including finding non-profits that are successful in their work in freeing other sentient beings. Make a list of who interests you and what you will offer.

Or there may be some individuals who you can share this guide with. Helping another feel freer truly helps ourselves feel freer. Make a list of who you would want to help, including yourself.
