

How to Feel Free

- We feel free when we remember the attributes of those who have hurt us.
- We feel free when we feel rich, no matter how much money we have.
- We feel free when we know that by doing right, we cannot go wrong.
- We feel free when we relinquish any and all shame.
- We feel free when we use our jealous feelings to better ourself, rather than resenting another.
- We feel free when we accept what is and was out of our control.
- We feel free when we know we did our best.
- We feel free when we have no problem making amends for our errors.
- We feel free when we are comfortable speaking our truth.
- We feel free when we do not compare ourselves to others.
- We feel free when we love for the sake of loving, not being loved.
- We feel free when we concentrate on gratitude and gratefulness.
- We feel free when we stay in faith and optimism under trying circumstances.
- We feel free when we finally reach true forgiveness.
- We feel free when we accept that we can never change another, only ourselves.
- We feel free when we are true to our weak points, as well as our strengths.
- We feel free when we see some of our fears as wisdoms.
- We feel free when we view our defeats as part of life's journey.
- We feel free when we turn a confusion into a certainty.
- We feel free when we know that feeling free is an internal job, not an external one.