

When you reflect about freedom, what thoughts and feelings come up for you? Perhaps there are infinite ways of speaking about freedom...Let's reflect on our sense of freedom: Do we feel connected to it or allow it to be sabotaged?

- * Freedom is in fearlessly letting ourselves be who we are, no matter whose feathers it may ruffle.
- * Freedom is in the life-long journey of defining ourselves.
- * Freedom is in allowing ourselves to go with the flow of life, rather than resist what's outside of our control.
- * Freedom is in realizing what is in our control.
- * Freedom is in letting intuition guide our steps.
- * Freedom is in being moved by what stirs up our passion.
- * Freedom is in our openness to consider alternative points of view and expand our own, given more information.
- * Freedom is in welcoming mistakes and calling them gifts to our growth process.
- * Freedom is in allowing curiosity and wonderment to be those childlike qualities that keep our eyes fresh and heart open.
- * Freedom is in following our heart's desires.
- * Freedom is in treating ourselves and others kindly.
- * Freedom is in knowing that to experience serenity is our right and choice.
- * Freedom is in revering the sacredness of our bodies.
- * Freedom is in recognizing the abundance of ways of giving of ourselves to the world.
- * Freedom is in letting our imagination, dreams, ideas turn into experiences that are in service of humanity.
- * Freedom is in appreciating the exquisite uniqueness of everyone's gifts, such that we live in collaboration, instead of competition.

- * Freedom is in pausing to take in the "big picture" over and over and over to remember that all the resources needed to make a difference are available.
- * Freedom is in replacing "yes, but" thoughts with "yes, and" thoughts.
- * Freedom is in transforming our view of obstacles into challenges that invite the best in us to move into a higher version of ourselves and succeed.
- * Freedom is in knowing that we're here to thrive, not just to survive.
- * Freedom is in allowing others to be who they are, acknowledging that they have their own journey, relinquishing the insistent need to have them see things our way.
- * Freedom is in celebrating who we are becoming.
- * Freedom is in the confidence, groundedness, elegance and centeredness of standing for something, rather than in the angst of fighting against something.
- * Freedom is in clarity of speech to express our thoughts and feelings, while honoring our dignity and that of whom we address.
- * Freedom is in the laughter of a child and the ability to create one's joy through gratitude.
- * Freedom is in singing the song of our lives.

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