

FREEDOM

A freedom attitude gifts you “wings” to fly above the tricky stuff and venture forth in a new and powerful direction.

Some days I feel more like an earthbound biped trudging through the quagmire rather than a bird soaring through the sky. Some days I feel like a turtle hiding under my big, hard, protective shell. Other times I feel like a mole burrowing my way underground in the darkness. On occasions, I am like an ostrich choosing to bury my head in the sand so I don't have to see what is before me. Other days I feel like a fierce lion standing like the king of the jungle roaring “I am the king of the world” while I enjoy the expansiveness of the jungle where I can roam freely. My freedom ebbs and flows like currents of air, but flying on the updraft is so much easier and more fun, and that freedom is very much determined by my choice and attitude.

When I read the acronym “Freedom Lifts You” this morning (by Anoushka Numans*), I visualised a current of air helping an eagle FLY, having just jumped from the cliff top with faith, ease and conviction. I visualised that impression for myself and invited that into my being – claiming that as who I am and how life can be. No, actually that is how life is, should I consistently choose it.

What situations are you presently experiencing in life that have you feel trodden down, rather than lifted up, restricted and confined rather than free and expansive, anxious and immobilized on top of the cliff, rather than moving and flying? And how do you ride the current of freedom when your health is undermined, your relationship may be in tatters or you may be going through some kind of transition that has you feeling boxed in, stagnant, captured, limited or confined?

The freedom of hardship - pursue meaning and purpose from your situation

I am free no matter what my perceived restrictions or hardships are. Victor Frankl comes to mind as I write these words. As he experienced the holocaust and incarceration in a wartime concentration camp he chose a freedom attitude by pursuing meaning and life purpose from what he experienced. He chose a way to fly, rather than die.

After my marriage separation and financial loss, it was easy to dwell on my perceived lack, restriction and confinement in what was appearing in my life, particularly considering I was caring for my children full time and on my own, and at the same time just about to emerge out in my career and to expand my “wealth,” not just financially but in many areas of my life. For two long years I felt restricted and almost asthmatic, not in a physical sense, but unable to catch a breath of fresh air beyond what seemed a very difficult situation. The freedom interestingly lay, not in fighting my situation or finding a solution but in allowing my situation to unfold as it was and letting go of how I thought life should be. It was about finding the freedom, purpose and meaning in what that experience was gifting me. In my

case, it was time and lone-space to find “the real me” again, to find stillness and peace even amidst the tricky situations and to gain inner strength to help me fly in new arenas. I am grateful for the wings my “hardship” has given me.

Try viewing from a different cliff

To find freedom, ask yourself “How can I look differently at my current, past or even possible future situation?” Reflect on your situation from a different viewpoint – either move along and take a look from your current “cliff” or go to a completely different mountain top! Try to get someone else’s perspective or try having an attitude of gratitude for that situation or person. Yes I know that might sound difficult when the going seems tough, but give it a go!

Your sense of restriction may come from feeling that others have it easier than you. Comparing each others’ mountains or obstacles is often not a good judge of freedom as we tend to only have a limited view of their situation from our own mountain top. It is on further communication and gaining a broader understanding of the greater context of another person’s situation, that you can gain a more realistic perspective.

Don’t keep someone else confined in a box at the top of the cliff

Something or someone else is often blamed or held to ransom for your feeling of restriction or confinement and you may put them or the situation in a box cemented shut by your fixed thoughts, opinions and perspective on your situation. Accept your part to play in the whole affair – this in itself loosens the hold on others or on the situation and can empower you to move forward and upward, not to mention allowing them room to move again.

Choose a freedom mindset

Your experience paragliding off a high cliff will take on a completely different look and feel depending on what your thoughts are about the jump. If you think the experience will be exciting, uplifting, adventurous and thrilling, then so it will be. With thoughts of anxiety, danger and “oh my goodness”, your flight will look and feel different. How can you apply that analogy to your life?

Sense(s) of freedom – sense freedom in your body

What does freedom look like to me? I am free when I am floating above my tricky situation and seeing it from a much bigger perspective. I am in a flock of birds, knowing that I am not alone. The wind is beneath my wing and supporting me in flight. It has me facing a direction, knowing that I will never fly in one spot, but instead head where the wind takes me and that will be perfect.

What does freedom sound like to me? “I’m here to help you. What do you need?” “There is a way out of this and you will be OK.” It is you listening to people’s offers, suggestions and

wisdom rather than drowning that out that with the voices in your head crying “difficulty, pain, restriction, limitation and despair.” The sound of freedom is soothing like the coo of a baby and also resembles the sound of tears of relief, joy and hope and the whisperings of encouragement, optimism and faith.

What does freedom taste, feel and smell like? It tastes fresh and sweet in contrast to the bitter sour taste of restriction, lack and limitation. It is the “aahh” of a great coffee in the morning – a sensual, relaxing pleasure, unhurried and lacking urgency.

What does freedom feel like In your relationships, your job, your family situation, your intimate life, your life choices...? And what difference does a freedom attitude in these areas of your life have on your body? Where is the pain, acidity, stiffness or tightness?

Connect with the air current - an available tap with abundant supplies

When I watch the gannets at our local bird colony, they use the power of the wind to almost effortlessly allow them to fly. So too is what can happen when you tap into the abundant energy supply of Spirit. What are ways to connect with Spirit, Mother Earth, the Universe or your Higher Self? Time in quietness is a great start. Request help and listen for the answer. Acknowledge that freedom comes in different guises including free will and choice. Don't try and make life happen a certain way. Allow it to unfold – noticing the freedom it offers you, not the restriction that you put in place yourself.

Moving mountains

What mountains will move for you when you notice freedom rather than restriction?

Your attitude of freedom rather than restriction will mean you do not have to climb your “mountains” at high altitude, nor will you have to require the oxygen mask to scale such heights. Instead you will be able to meander through the rolling hills instead – an experience that will be far easier, more enjoyable and easier on your body. It will also move mountains and free you up in many ways to enjoy life more fully.

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