

# Personal Freedom

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**Personal Freedom** is being free of my Self.

It is being free of the boundaries that I have created my Self.

It is overcoming the victimhood that I currently experience in my life.

I am a victim of:

- My Pain
- My Fears
- My Problems

These are all indicative of the personal boundaries that I have in place in my life.

Being personally free requires the attainment of:

- Painlessness
- Fearlessness
- Effortlessness

The journey to becoming painless requires me to confront my pain.

The journey to becoming fearless requires me to confront my fear.

The journey to becoming effortless requires me to confront my problems.

An effortless life is free of the problems that cause both pain and fear.

Pain, effort and fear are all negative indicators of my opportunity for the development of my personal freedom.

My personal freedom is attained in the absence of any pain, fear or problems.

It requires my power to overcome pain; my authority to overcome fear; and my ability to overcome the effort of my resistance that creates the problems in my life.

## **External Pain**

There are two types of pain: Internal & External.

External pain is the result of wrong action.

Any action that causes pain is not right for me.

External pain is a message, a signal and a direction.

Hearing the message, seeing the signal, or knowing the direction, instantly releases the pain.

External pain is the result of not listening, of being unaware, and of going in the wrong direction.

It is caused by being in the wrong place at the wrong time with the wrong belief.

From a spiritual perspective, external pain is an opportunity for development & growth.

Pain teaches me to listen, to be aware, and to avoid a negative perspective of what is occurring.

When I accept pain as my tutor, I learn from my pain, see the benefits of my pain and no longer suffer from my pain.

Once I see the pain as a positive indicator, I can accept it and release it, and I no longer have any reason to suffer it, suppress it, or fear it.

## **Internal Pain**

When external pain is not accepted with gratitude and not released, it is internalised.

External pain that is internalised will eventually reappear as internal pain.

Internal pain is evident in the body, whereas although external pain is experienced by the body, it originates from a cause outside of the body.

My body never causes the pain, but it does complain at too much negativity that is stored within the body that needs to be released.

Negative mental & emotional energy stored within the body is a pain.

Internal pain is a message to my conscious self that this negative, suppressed energy has not been released.

To deliver the internal pain, I am required to release the external pain that originally caused it.

Time is not a great healer; it is just a distorter of truth & reality.

The truth of my internal pain is lost to the time when I suppressed and internalised an external experience that was painful.

Once I reveal the true cause of my pain, I can release it, deliver it and then cleanse my future of pain.

External pain occurs in the present moment and requires instant release, to avoid suffering.

Internal pain originated in my past and requires delivery in the present, by releasing it from the past.

Releasing & delivering pain cleanses my future of any suffering and allows my Self a state of being Painless.

## **Painlessness**

Painlessness is not an effect of life.

It is an emotional state of being.

Painlessness is the presence and experience of Joy.

When Joy is present there is no pain.

Pain is the absence of Joy that is an experience of a negative emotion called painfulness.

It is a negative emotion expressing itself within the physical body.

What creates painfulness and inhibits painlessness is the emotional resistance that my body endures.

When my body resists the flow of pure emotional energy (love), it suffers pain.

The greatest resistance to the Pure Feeling of Joy is the belief that pain & suffering exist.

It is this belief, in the inability of being able to credibly feel pure joy and painlessness, that creates the experience of pain & suffering.

Painlessness is my Soul's natural state of being empowered.

My Joy is truly powerful.

I suffer only from my apparent lack of joy created by need for emotional power.

## **Fearlessness**

Fearlessness is not the absence of emotion.

It is an emotional state of being.

Fear is not an emotion.

Fear is a negative or false belief that creates a negative emotional experience.

I call it fear in the absence of realising a definite negative emotion.

Fearlessness is not the boldness or bravery of a suppressed belief system.

It is the absence of false or limiting beliefs.

In the absence of a limiting belief, I am fearless.

Fear is a mental belief that creates a negative perspective of life.

Fearlessness sees life how it really is.

There really is nothing to fear, once I have overcome all my limiting beliefs about my life.

In the absence of negative limiting beliefs, there can be no negative fearful emotions.

Fearlessness requires the overcoming of all fears.

It is not attained through suppressing or denying a fear but by overcoming all fears.

I only fear what I believe to be a threat to my existence and my ability to live life my way.

My Soul neither delivers nor provides any threat to my existence.

I am only ever in danger of being my Self.

Fear is an illusion of my Self.

Fearlessness is an Attainment of my Soul.

### **Effortlessness**

Effortlessness is not an action. I cannot do effortlessness.

Effortlessness is a state of being.

It is the state of being in which I do something without effort.

I do things effortlessly when in a state of being effortless.

Effortlessness is the attainment of being effortless.

Being effortless allows me to do things with energy rather than effort.

With effortlessness there is no effort because there is no resistance.

When there is no resistance I am in the flow.

In the flow, my action is authorised & empowered.

With full authority and power, I have the ability to act effortlessly with effortlessness.

Fear depletes my mental authority and my confidence in my Self.

Pain depletes my emotional power and how much I value my Self worth.

Problems inhibit my physical ability and lower my Self esteem.

Nothing is an effort for my Soul.

Effortlessness is a Divine Attainment.

In alignment with my Soul's Power & Authority, Life is always painless, fearless, problem-free and effortless.

My Soul always allows my Self: - Personal Freedom.