

The Shift to Freedom

“Not in the clamor of the crowded street,
Not in the shouts and plaudits of the throng,
But in ourselves, are triumph and defeat.”

-Henry

Wadsworth Longfellow

Have you ever known someone who by all appearances had everything they could ever want on the outside –externally – but did not have the happiness, joy, power or freedom that we believe ensues from that place? How many times do you hear, “when I have _____ I will be happy”. I hear this from many of my clients. In fact, if you look at our culture today it as if everyone is seeking to find a magic solution to “happiness”. So, what is the problem?

An identity that is trapped only in the external is living from the ego and gives us the illusion of freedom that we think is the direct road to joy and happiness. The ego is never satisfied- always wanting more...and ...more...and more. It delights in engaging us in a story that is usually not true. Relying on or over identifying primarily with the external can actually limit our ability to rely on or even hear the internal – as the ego tries to stuff the voice of the authentic self. Identifying ONLY with the external is an absolute guarantee to NOT to be happy- because it is never enough.

A river just simply flows. Its energy and power come from flowing. That is what it was created to do. A rock simply sits. Its energy and power come from doing what it is supposed to do...just be...just sitting. Where does your energy and power come from?

Think about your own voice. Is it really your voice, your thoughts- or the thoughts of someone else? When you find your voice you feel the power of freedom as you choose to identify your own thoughts, beliefs, actions and purpose- you start to glow and feel your own energy. You light up! When you rely on the internal you kindle the Spirit within yourself. This Spirit becomes your guide as you find your voice- your measure of internal power and freedom. By allowing ourselves to live and reflect our internal values, beliefs and passion we are living out of a natural state of joy, happiness and freedom. Every decision in every moment is then tied to the power and strength of this internal voice and Spirit.

So how do we find that internal voice and live from a place of internal freedom? Journaling and meditation gently call us out of the chaos and calmly direct us inward, to mobilize the Spirit of the voice within. As you connect with your voice and Spirit a new conversation emerges, the story changes, and your life shifts as your external voice becomes a unique reflection of your internal freedom. Your energy changes as you start to glow – and bask in the joy, happiness, power and freedom that can only come from the true voice within!

Tips to Grow and Glow to Experience Internal Freedom:

- Get up 30 minutes early
- Journal any thoughts that are on your mind as soon as you wake...that's right...anything- it's your voice! Do this as often as you can.
- Journal/write an intention for the day. Be clear and positive in your intention.
- Close your eyes and connect with the Spirit within you. This Spirit is connected with the Divine. After connecting with your Spirit see the Spirit within you moving ahead, out in front of you. See yourself following this Spirit. This Spirit is your guide today, holding your intention and leading you in every decision you make.
- You are now being guided from a place of internal freedom by the Spirit within.

@ By Angela Caughlin @www.angelacaughlin.com