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Inner Freedom

by Rebbie Straubing

Inner freedom means choosing from love.

Freedom flows like a deep river through the center of your being. When you access your inner state of freedom, you flow joyfully and effortlessly toward the desires of your heart. Your physical movements become unrestricted and energized. Tapping this inner freedom adds depth and vitality to any journey.

Inner freedom is always available regardless of outer conditions and yet we don't usually access it. When we lose touch with the freedom at our core, we become more aware of the outer conditions and limitations encircling our desires. We lose touch with the sweetness that was calling to us and we spend more of our time trying to move away from what we don't want.

Often we don't even realize why we choose the things we do. We choose from fear or anger. We choose against what we don't want. This is not freedom.

What is Freedom?

Freedom is the positive act of choice in which you move toward what you love, guided by your heart, in a field of joy. There is no avoidance, no conflict and no awareness of other people's values or judgments. There is no awareness of contrary external forces that must be overcome. Inner freedom is a state of pure awareness ignited toward action.

The Center of Freedom is Peace

Before freedom moves, it is peace. When peace moves it is freedom. In cultivating freedom, we can begin by developing inner peace. Then, as we move toward the desires of the heart, we move freely.

Peace is Wholeness

To discover your innate state of inner peace, the peace that is your true nature, it is helpful to cultivate a sense of wholeness. In wholeness there are no competing factions, no needs or worries, no attachments or desperation. Establishing an awareness of your wholeness, regardless of appearances, helps you shed your concern about what others think. The perfection of the moment, every moment, reveals itself to you in new and extraordinary ways. You awaken a feeling of "enoughness" which reorganizes your energy. It generates a refreshing feeling of peace.

Meditation

Here is a brief meditation for the purpose of freeing the spirit. You can begin using it even if you already feel free. It will be especially useful if your spirit feels cramped or the walls seem to be closing in on you.

Step 1 • Wholeness

Sit comfortably upright and feel everything in your moment equally. Make an effort to feel every single thing in your awareness with equal attention and value. In order to do this, you will have to release your attention from everything and sense only that which holds it all together. Become witness to the whole of your awareness. Notice the balance and completeness of your world.

Step 2 • Peace

With your world homogeneously suspended all around you, with no point of interest pulling you, nothing calling to you with any greater importance than anything else, bring your attention to your inner heart. Feel the peace of equanimity at the center of your being. Feel the softness of your breath in this state.

Step 3 • Freedom

When you feel ready, allow your peace to move. Let your movement be inspired. It may be a simple turning of your hand. You may stand up and dance. Maintain your awareness of your wholeness. Keep your attention in your heart as peace. Then when you move, you are practicing freedom. Your movements may be slow and graceful or energetic and darting. They may be subtle and imperceptible or they may rock the room. No thought is involved in this movement. It is the rising of peace into action. It is the gesture of inner freedom.

Choices

In your life, you make many choices. Little ones and big ones. How and when to scratch that itch. How much to offer for that house. Which shoes to wear. Whether or not to get married. Whether or not to order dessert. How do you make these decisions? How free are you when you choose?

By cultivating inner freedom when there are no major decisions to make, you create space in your being. By practicing this brief meditation in the morning and at night, you alter the shape of your inner landscape and your joy is increased. You expand your consciousness. Then, when it's time to look at the menu or pop the question, you are clear and practiced at freedom. You act from the heart.

Compulsions, addictions, obsessions, aversions, rage and fear motivate some of our most noticeable choices. They are loud actions with huge consequences, but they do not answer the calling of the heart.

When you join the flow of the river of freedom deep within you, your heart sings. Then, one act, even a small, quiet act, rising purely from freedom, can change the world.

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