

# freedom

song: *Cry Freedom* – Dave Matthews Band

week #27

**freedom:** (noun: own it)

- the condition of being without restraints
- liberty of the person from slavery, detention, or oppression
- exemption from an unpleasant or onerous condition
- the capacity to exercise choice; free will

*autonomy, emancipation, flexibility, independence, latitude liberty, release, willingness*

***“Fight and you may die. Run and you’ll live, at least a while. And, dying in your beds many years from now, would you be willing to trade all the days from this day to that one chance – just one chance – to come back here and tell your enemies that they may take our lives, but they’ll never take our freedom.”***

–William Wallace (Braveheart)

Fear is the opposite of freedom; it’s chains and shackles. Fear will paralyze your movement, your words, even your thoughts. Fear will stunt your growth. Do not negotiate your dreams with fearful eyes. Trust your feet to land on new solid ground or to launch you into flight.

***“Freedom is not something that anybody can be given. Freedom is something people take, and people are as free as they want to be.”***

–James Baldwin

There’s nothing more intense, more challenging, more empowering, than taking your chance. You will be given many opportunities, but each may be a critical crossroad in your path. Go after the life that you want. It is your birthright to live your dreams. Believe that there are no obstacles in freedom, just an abundance of opportunities to grow your soul. Fulfill your destiny with integrity. You are powerful beyond all measure.

**Be brave in speaking your truth. Exhale deep full breaths, for often times, freedom of speech may be overpowered by your freedom of thought. Listen to the opinions of others but do not pattern your life around them, or become a slave to mere words.**

**Action:** Do you know someone with a physical disability? This week, in addition to honoring the freedom of country, honor your ability to move your body freely. This basic gratitude exercise can go a long way in making you a happier person.



*When practicing your Shoulder Twists, find freedom of movement in your torso. Greater mobility will allow you the freedom to breathe more deeply, and will keep you circulated and feeling young.*

## July Color: Coral Blush

The color for the month of July is coral blush. Coral Blush can help you through changes and carry you peacefully through the cycles of life.

## July Chakra: Root Chakra

The chakra we will focus on this month is the root chakra. This foundational chakra links you to the Earth and keeps you grounded. Respect and maintain the Earth...because essentially you are maintaining your own energy as well.