

## Freedom



“The Divine Plan is one of freedom; bondage is not God-ordained. Freedom is the birthright of every living soul. All instinctively feel this. The Truth points to freedom under Law. Thus, the inherent nature of [humanity] is forever seeking to express itself in terms of freedom. We shall do well to listen to this Inner Voice, for it tells us of a life wonderful in its scope, of a love beyond our fondest dreams, of a freedom the soul craves.” — Ernest Holmes, “Religious Science,” pg. 10.1 (1932)

This all starts within each one of us. Therefore, I choose to say to myself, 'I'm calmer than the news, clearer than the noise. In my awareness, my anchoring is awakening.'

The world I see needs more presence consciousness and less reaction. Confusion thrives on speediness and awakening grows in stillness. Something that can bring all this to you is having conversations with your own heart; clarity is why many older adults are waking up to new ideas, a sense of calling even in and through retirement.

Source, God, The Universe is not finished with you, in fact, it may have saved your important work for last - and it may feel unfamiliar to you. Fear is fuel for the old you; every judgment, every angry reaction strengthens the ‘old way’ of living, refusing the life-source light, fighting to survive.

Choose Presence over panic. You are not here to panic, but to redirect energy to freedom, for everyone. That feeling of freedom inside you then shines out from the center of Being, and is shared with all. It is in the sharing of your experience; the Real You witnesses things without being consumed. If a conversation drains you, step back and choose peace. Refuse to go back to what has already failed. Become a new thread of light for the world. Let fear fall like dust, dissolved. This isn't memory failure, it's energy realignment.

Spiritual practices can anchor your mind. Taking at least three deep breaths several times during the day helps to slow down the nervous system and bring awareness back to the present. Slow stretching or rocking motion keeps energy flowing. Humming soft music or even silence restores coherence. Journaling is a precious way for me to talk to my own spirit. Nervous system naps, even 10 minutes, works for me as well, and long baths with Epsom Salts. Permission to rest is not laziness - its energetic integration.

These are all sacred moments of adjustment. Sensitivity, once thought of as weakness, is now revealing itself as strength. You don't have to “fix” anything. Tune into the presence that is always around and in you - in your breath - your grounded kindness that ripples far beyond your circle.

Remember stillness over stimulation, depth over distraction. Our collective DNA is being upgraded. There is ONE LIFE I share with GOD, UNIVERSE, SOURCE, ABSOLUTE, whatever you choose to call IT. Starting here has brought me true FREEDOM, the freedom I share. It is where LOVE begins and extends.

“And right now, sometimes, you know I work for the liberation of all people, because when I liberate myself I'm liberating other people.” — *Fannie Lou*

Stephanie Starrett, RScP

Practitioner