

## **Freedom is a state of Mind: Branka Kringas**

On their way to Europe my son and daughter-in-law had a stop in Bali. They stayed with a school friend Sarah, and her Balinese husband Gaguk. A few days after they left, I got a letter from my son. In the letter was a photo of Gaguk's grandmother. She was dressed in a Balinese style. In her right arm she carried a handbag and on her left arm she had a basket covered with a colourful cloth.

On her head she had a huge basket with all her possessions. She was a very happy, pleasant woman with lots of relatives. She lived with each of them for a short time by moving from one to another. She had no problems like leaking roofs, punctured car tyres or broken fridges. She had no bills. She was completely free of debt.

She was loved by all, and she loved them in return.

When my son and daughter-in-law left the place she performed a farewell goodbye and good luck ceremony by spraying water all over them and chanting.

Looking at her I was overcome with envy. I thought that was the way of living. That is being free and content, with a clear state of mind.

As it happened at the time, I was between two flats. The rents were sky high, and I could not afford to have another home before I moved into my new place. So, I decided to copy Gaguk's grandmother. I moved in with a friend that I had shared a house with once before. I had planned to move in with other friends before I settled down, but I stayed with Margaret and Chris for four months until my flat was ready.

While I was with them, I had peace of mind and felt quite happy and free so yes Freedom is a state of mind.