

# FREEDOM...

The word freedom has even more meaning to me after visiting The Wild Animal Sanctuary. Although it is illegal in most states to own an exotic animal as a pet - many states still allow it. For example after State of Idaho authorities stepped in and shut down an operation that was breeding and selling white tigers as pets. The Tigers now roam freely at the Sanctuary in a large natural habitat. Daily i read stories that detail the lives of animals shown no respect, no reverence and certainly NO freedom.

Surely we would consider that Anne Frank was a prisoner of a horrendous war and yet her words inspire us today; *"It's utterly impossible for me to build my life on a foundation of chaos, suffering and death...And yet, when I look up at the sky, I somehow feel that everything will change for the better, that this cruelty too shall end, that peace and tranquility will return once more. In the meantime, I must hold on to my ideals. Perhaps the day will come when I'll be able to realize them!"* How would you evaluate her thought process?

Lastly, I introduce the idea of being disempowered while listening to the self-sabotaging messages of the mind. In lieu of saying to the mind, "*delete*" or "*cancel*" what is insidious in our culture is to allow the voice of worthlessness to be considered truth. Be free of it--speak up and say, "*no way - go away.*"

Do you lack or claim freedom when it comes to taking charge of your life?

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