

FATE

or

FREEDOM?

“Freedom is just
another word for
nothing left to lose.”
What do you think that
means?

Do you agree, or does
that sound wrong to
you?

Can losing things ever
make someone more
free?

Do we only “own”
objects, or do I also
own myself?

Do I own my rights, my
preferences, my
choices?

What are some things
that can stop people
being free?

Do you notice any
patterns?

Which of these limits
do you feel most in
your own life?

Some people think everything in the universe is like that: cause and effect. If that's true, and we are part of the universe, what does that mean for our choices?

Do you think we are

1. Completely free

2. Not free at all

3. Somewhere in

between?

Even if our choices
have causes, does it
still feel like they are
real and matter?

- One idea that stuck with me is...
- One question I'm still wondering about is...

When you think about
your own life:

– Does it feel like your **choices** are
real and make a difference?

– Or does it feel more like **life**
mostly just happens to you?

Has anything in these sessions changed how you see yourself, even a little?

If something doesn't go to plan
this week – if life “laughs at
your plans” – is there a
thought from today you might
remember?

Does anyone want to
share their own
sentence for the week?