

# **The Path of Personal Liberty: A Reflection for Women Choosing Independence and Faith**

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## **Introduction**

Personal liberty is one of the most profound gifts of modern life, particularly for women who have chosen a path of independence. For single women who have never married, society often attempts to define us by the absence of partnership rather than the presence of our individuality. Yet, as the years pass and wisdom deepens, many find themselves turning toward a more spiritual or religious path—not out of lack, but out of fullness: a recognition that liberty is sacred, and that faith can anchor us in a world that too often measures worth by relationships alone.

## **Society's Definitions and the Toll on Women**

For centuries, women have been defined by their roles—daughter, wife, mother, widow. Rarely were we recognized first and foremost as complete beings. Even today, the single woman can be met with curiosity, pity, or judgment. These social pressures, whether subtle or overt, take a toll. They can diminish the beauty of independence, making it feel like a void rather than a conscious choice. Yet the truth remains: women are not defined by marital status, but by the integrity of their lives, the depth of their character, and the freedom to choose their own path.

## **The Gift of Time and Longevity**

Unlike our ancestors—such as the Egyptians, who on average lived until age forty—we are blessed with the possibility of long lives. Many women today live into their eighties, nineties, and even beyond one hundred. This expansion of time offers us the gift of multiple chapters. Our forties and fifties, often mistakenly described as an ending, are in reality a new youth. They are a season of rebirth, marked by wisdom yet infused with childlike wonder. In this chapter, faith and self-discovery intertwine, opening the way to deeper meaning and renewed vitality.

## **Defining Ourselves and Meeting Others**

If people wish to know us, they must meet us where we are. We cannot be reduced to labels or expectations. We are whole in ourselves, and those who cross our path meet the fullness of who we are. Spaces like the Saints provide fertile ground for connection, because they ask little from us other than presence, while offering opportunities to learn, absorb, and experience. In this, relationships—whether friendships or partnerships—become authentic encounters, not social demands.

## **Flowing with the Chapters of Life**

Life unfolds in chapters, and each demands respect. Age, while a marker, is only a number in the vast picture of rebirth, reincarnation, and the mysteries of the soul. Human timelines are often rigid, but souls move differently. They call us to humility, reminding us that independence may be right in one chapter, while companionship may arise in another. This is the soul dance—the graceful meeting of two journeys aligned in time and spirit.

## **The Work of the Self**

Whether single or partnered, life is rarely easy. Both paths hold joys and burdens. What matters most is the work of becoming our best selves. Like captains of small sailboats, we must repair our sails, strengthen our bolts, and trust our vessels to withstand the seas of life. And when fortune smiles, we may meet another sailor navigating the same deep waters—two boats sailing to greet one sun.

## **Conclusion**

The path of personal liberty for single women is not defined by absence but by presence—of freedom, of choice, of faith, and of purpose. To live fully in one's forties, fifties, and beyond is to embrace the gift of longevity, the wisdom of independence, and the wonder of possibility. Society's labels may come and go, but the true definition of a woman lies within herself. And in this liberty, guided by humility and open to connection, we find not only ourselves but also the boundless horizon of the soul's journey.