

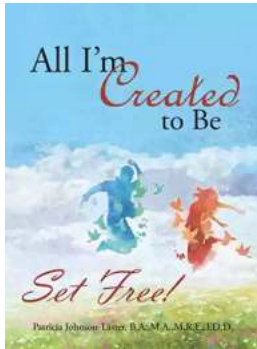
All Created To Be Set Free



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All I'M Created to Be: Set Free!

by Patricia Johnson-Laster (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English
File size : 1159 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 149 pages



The Meaning of Freedom

Freedom is a value that has been cherished by humanity across cultures and throughout history. It is the desire to break free from any form of oppression or restraint. The concept of freedom has been the driving force behind revolutionary movements, fought for in wars, and strived for by individuals on a personal level. But what does it truly mean to be set free?

Freedom extends beyond physical boundaries. While the struggle for political, social, and economic freedom is important, true liberation also involves the freedom of the mind and spirit. It is about breaking free from the chains of self-doubt, fear, and limiting beliefs that hold us back from living our fullest potential.

The Journey of Self-Discovery

Each individual is on their own unique journey of self-discovery. It is a lifelong process of uncovering who we truly are and what we are capable of. Many of us go through life feeling trapped in societal norms and expectations, conforming to the status quo rather than embracing our true selves.

However, it is when we begin to question these norms and start exploring our own desires, values, and passions that we truly start to experience the freedom that was always within us. This journey requires courage, vulnerability, and a willingness to confront the fears and insecurities that have been holding us back.

Embracing Authenticity

Authenticity is a key component of living a life of freedom. It is about being true to ourselves, despite the expectations and judgments of others. Embracing authenticity means letting go of the need for approval and external validation, and instead, honoring our own unique truth.

When we live authentically, we set ourselves free from the pressure to conform and the fear of being judged. We become more in tune with our own desires, passions, and values, and are able to make choices that align with our authentic selves.

Breaking Free from Limiting Beliefs

One of the biggest obstacles to freedom is our own limiting beliefs. These are the beliefs that tell us we are not good enough, smart enough, or capable enough to pursue our dreams and live the life we truly desire. They are the internal narratives that keep us stuck in a cycle of self-sabotage and self-doubt.

Breaking free from limiting beliefs requires a shift in mindset and a willingness to challenge and reframe these beliefs. It is about replacing self-defeating thoughts

with empowering ones, recognizing our worth and potential, and taking action despite fear.

The Power of Forgiveness

Another aspect of being set free is forgiveness. Holding onto grudges, resentments, and past hurts only keeps us tied to the past and prevents us from fully embracing the present and future. Forgiveness is not about condoning the actions of others, but rather, it is about releasing ourselves from the emotional burden and finding inner peace.

Forgiveness is a liberating act that allows us to move forward without carrying the weight of anger and resentment. It frees up space within us to cultivate love, compassion, and understanding.

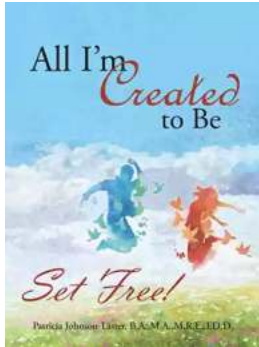
Living in the Present Moment

Lastly, being set free involves learning to fully embrace the present moment. Often, we find ourselves dwelling on the past or anxiously worrying about the future. This prevents us from fully experiencing the joys and opportunities that exist in the here and now.

By practicing mindfulness and cultivating awareness, we can break free from the shackles of time and immerse ourselves in the richness of each moment. This allows us to fully engage with life, appreciate the beauty around us, and make the most of every experience.

, being set free is a holistic journey of self-discovery, authenticity, breaking free from limiting beliefs, forgiveness, and embracing the present moment. It is about liberating ourselves from both external constraints and the internal barriers we create for ourselves.

When we embark on this journey, we unlock our true potential, live with purpose, and experience a sense of freedom that transcends boundaries. We become the fullest expression of who we are meant to be – free, authentic, and fully alive.



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Leave the ashes of failure, self-doubt, and discouragement, and discover who God created you to be. All Im Created to Be: Set Free! is a biblically and psychologically based workbook written by a Christian psychologist. A winner of two awards, this workbook is designed to help you resolve issues from your childhood, develop and strengthen your self-esteem and confidence, and grow spiritually. Proceeds from the sale of this book will go to Christian charities whose focus is the prevention of child abuse and human trafficking.
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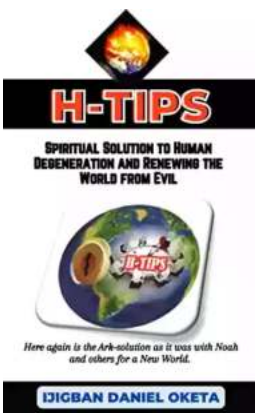
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