



LIBERATION LIFESTYLES

THE PATH TO ULTIMATE FREEDOM MENTALLY, EMOTIONALLY AND SPIRITUALLY

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Foreword

Life is what you make it. If you desire to live a truly joyful and free life then there are some steps that you must take first. It may be a difficult journey along the way but the end results will be more than worth the effort.



Liberation Lifestyles

The Path To Ultimate Freedom Mentally, Emotionally And Spiritually

Chapter 1:

Introduction

Synopsis

The concept of freedom is an essential one. It is something everyone desires, craves, strives for and significantly needs in order to carry out their dreams and passions. However, the counterpart of freedom is direction and purpose. The concept of freedom alone, without purpose is said to be imperfect. It limits the possible depth and overall assessment that any relationship has to offer. Freedom with purpose, on the other hand, is necessary to live the life you desire.



The Effects Of Freedom

Not all people experience the good effects of freedom. Sometimes, others prefer to become liberated just to pursue their negative desires in life. If your parents impede you to do something, is liberation the solution? A lot of people say that liberation is the key to exposing yourself to the different aspects of life. If you are liberated, no one would ever push you to do something that is against your will. You are also free to do anything you want, as long as it can make you happy and feel satisfied.

Do you feel suffocated due to the policies and conditions given by your parents and other people that surround you? If yes, then you might get tempted to become a liberated person. Most people believe that liberation is the key to ultimate freedom whether it is mentally, emotionally and spiritually.

To know more about the concept of liberation and freedom, this book will provide you comprehensive information to understand these terms. In the succeeding chapters, you will be able to discover how to achieve ultimate freedom for a successful life.

Chapter 2:

Lifestyles And Liberation

Synopsis

Your choice is your lifestyle. However, people can't really imagine why some keep on restraining themselves from doing what they want to do. Some individuals are contented to stay at home while others prefer to mingle with a great number of people. The main question is, are you contented with your lifestyle? Do you want to change your daily routine and experience great freedom? Regardless of your gender, you can change your path through liberalism.



Lifestyle Vs Liberation

Lifestyle refers to a way of living of families, individuals and societies. People manifest in coping with their psychological, physical, economic and social environments on a regular basis. Lifestyle is articulated in leisure and work behavior patterns. It covers the aspects of their daily activities, interests, values, opinions and distribution of income. It also reflects to the self-image of the people, the way they view themselves and the way they are observed by other people.

Lifestyle is a combination of motivations, wants and needs. It is also influenced by multiple factors like family, culture, social class and reference groups. The breakdown of consumer lifestyles, also known as psychographics, is an essential factor in identifying how people make their purchasing decisions.

Liberation, on the other hand, means being set free from oppression, foreign control and confinement. It is also one way of obtaining equal rights. It is a state of freedom, where the ego of individual is eliminated and the real egoless state is cognized.

Absolute or liberation has two major aspects, and these are the following:

- Freedom from human's mental limitations, prejudices and conceptions
- Enlightenment as to human's true or real existence

Most people believe that liberation is the key to ultimate freedom. This concept is true. Liberated individuals are free to express their feelings, ideas and do everything they want to do. No one could ever dictate them, as long as they reach their maximum satisfaction.

However, freedom is considered as a fundamental value in political and moral decision-making. Therefore, it is given heavier weight as compared to other values. Philosophers are able to distinguish between two types of freedom – the negative and positive. Negative freedom occurs whenever no peripheral restrictions are forced on a person by other people. Furthermore, positive freedom goes further through concentrating on the ability of any individual to do what they want to do. As a moral value, freedom is often used within moral principles. These principles can direct people to ensure that freewill reigns.



Chapter 3:

Ways To Ultimate Mental, Emotional And Spiritual Freedom

Synopsis

Freedom is defined as being able to move, do and act without any hindrance caused by another person. It means that you get to make your own choices. You have the power to decide what and how you want to live. You can do this through following your ideas, beliefs and cultures.



Take These Steps

It is true that your happiness is tied with your freedom. Are you free to make decisions in life? Do you have freedom on the way you spend your day? Once you feel that you lack freedom, you may ask yourself what you can do to achieve ultimate mental, emotional and spiritual freedom.

If your daily routine is to go to school or work, you most likely also have certain social responsibilities. These may include taking care of your loved ones, paying bills, taking care of your pet and a lot more. Without understanding it, you often spend your life doing these responsibilities. You just realize that you are limiting yourself in achieving your ambitions. In this case, you need an ultimate change. How can you do it?

The process is very simple, and here are the steps:

Step 1: Define Your Freedom

Before you begin to cut any basic rudiments of your life, it is best to define first what freedom means to you. Some individuals find it essential to have a certain degree of freedom to choose where and when to work. Others also feel comfortable with different approach. There are also some who feel obliged to spend more of their time with their loved ones.

Step 2: Know Where Your Greater Degree Of Freedom Comes From

Nature provides people a high level of freedom by default. If your freedom is at risk, it is often exposed by other individuals. Thus, it is essential to define who is manipulating your own freedom. Is it your family, your partner or your boss?

Step 3: Exploring Your Freedom

Through exploring your freedom, it takes you away from the usual routine of your life. People can resort to great ideologies while being restricted. However, they can only bring those ultimate ideas to life in freedom.

Achieving ultimate freedom can't be done in an instant. You have to prepare yourself for your new transformation. For your guide, here are some essential tools that are perfect for reaching your desired freedom:

- Free your time
- Create money from anywhere
- Earn more income while you play or sleep
- Get yourself out into the world in a huge way
- Explore and follow your passion
- Search your true calling

With these tips, you will be able to achieve ultimate mental, emotional and spiritual freedom. It is just a matter on how you carry yourself and decide what is best for you.

Guide Questions For Ultimate Freedom

The concept of freedom is very broad. It doesn't only involve the freedom to express your feelings or to do what you want to do. It also covers the mental, spiritual and emotional aspects. To guide you in achieving your ultimate freedom, here are the top five questions you shouldn't miss to know:

1. What does it feel to be free? There is nothing more fun than experiencing ultimate freedom. If you can't picture out its real feeling, simply reminisce when you spent a vacation with your friends or family. While having a good time, you were free to play, to rest and to do anything you want. Let that kind of feeling pour through your body, and you will feel great satisfaction.
2. What impedes you from your feeling free? Sometimes, it is your family and loved ones who block you from doing what you want. Take note that you should not give your power away. Since you are the captain of your soul, you have to set yourself free.
3. What is the outcome of ultimate freedom? Some people are worried for not being accepted upon showing their real desires and preferred paths. However, if you are confident with yourself, you

don't need to bother yourself thinking about other people. The outcome of your freedom, however, depends on its level. To ensure that you experience an optimistic result, always practice positive freedom.

After answering these questions, you can easily know what you really want. You can do all the possible things to achieve your ultimate goal. Whether you are young or old, you can have a chance to feel the benefits of ultimate freedom. Just believe in yourself that you can do it and it will come along. However, you need to have self-discipline and determination to ensure that everything will be on the right track.



Chapter 4:

How To Improve Your Lifestyle

Synopsis

Changing your habits is one of the hardest things you could ever do. This can mean sacrificing your old fixations, attitudes, unhealthy lifestyles and behavior. However, through initiating change, the process will be very easy and you will be able to achieve satisfaction.

There are multiple ways to help you improve your lifestyle gradually. You can do this, through following the succeeding tips:



Get Sufficient Sleep

At present, the world is extremely dynamic. The main key to keep up with the fast paced world is to stay on track, be competent and go with the flow. Most people always find themselves too busy coping with their hectic schedules. Therefore, they don't have enough time to get some rest or sufficient sleep. Most individuals have overlooked the value of sufficient sleep and rest. Each person needs to have this to go about the upcoming stressful activities. People who get enough sleep help their body to deal with their regular routines. This ensures them to have more energy to move forward and achieve their ultimate goals. For you to improve your lifestyle, you should start from the basics. Make sure that you get at least six to eight hours of sleep and wake up the next day with a perfect smile.

Practice A Healthy Diet

Getting sufficient rest enhances good health. However, it does not necessarily mean that adequate sleeping can guarantee you a healthy lifestyle. It is also best to provide your body the vitamins and foods it needs. Consuming a balanced and healthy diet offers your body the nourishment it needs. For a healthy diet, see to it that you increase eating green leafy vegetables and fruits. Giving up burgers, chocolates and fries is also an excellent start.

Maintain A Physically Fit And Strong Body

Performing physical activities like stretching, jogging and brisk walking can help enhance blood and oxygen circulation. Good circulation can boost your creativity and intellect. Through balancing these factors, your body and mind can go about everyday life stresses.

Stay Happy And Be Optimistic

Enhancing your life doesn't depend on having a physical body and keeping a healthy lifestyle. Your beliefs and feelings define who you are and what you will be in the future. Eliminating all your negativities will pave the way for you to search the internal happiness you desire. If you will stay positive all day long, all negative emotions and thoughts blocking you from being happy will be taken away.

Always Pray

To alter your false beliefs and ways, you have to ask for enlightenment. If you have a well-balanced spirituality, it will help you find inner happiness and peace. Simply pray and be thankful for what you have.

Through considering these different tips on how to improve your lifestyle, you don't have to worry on how to achieve ultimate

happiness. Simply follow the above tips and make the right move. With your knowledge about these aspects, everything will go according to your plan. Once you achieve your desired lifestyle, you will be free from stress and experience great satisfaction.



Chapter 5:

The A-Z To Free Lifestyle

Synopsis

Not everyone experiences a free lifestyle. Sometimes, people need to be liberated to accomplish their activities and attain their goals. Before you achieve a free lifestyle, you should know first what it really means.



Living Free

A free lifestyle means that you are in control of your income and time. You are not enslaved to the corporate world. If you are experiencing this, you have the power to choose where to work. You should also be in control of your financial destiny and must be debt-free. It also means that you have all the things you desire in life.

People who have a free lifestyle are also free to help others, know who they are and are free to be who they are. They are also free from any destructive habits and enjoy good health. Unlike others, they also enjoy a better relationship with family and friends. Above all, people who exercise a free lifestyle have a balanced personal, professional and financial life.

Achieving Your Dream As The Lifestyle Of Personal Freedom

Reaching your dreams is the main discipline and process that you have to follow. The lifestyle of personal freedom opens a limitless number of possible pathways. It is true that everyone has obtained some form of education, regardless of their mental and physical abilities. Without coaching, people can never gain an external idea.

Self-discipline, on the other hand, is the process of personal accountability, personal assessment and internal coaching. External

coaching offers fuel for internal coaching. However, when self-discipline breaks down, it will remain where it is.

Being personally free needs the attainment of fearlessness, painlessness and effortlessness. The path to becoming painless requires confrontation of the pain and being fearless. An effortless life is free of any issues that can cause both fear and pain. Fear, effort and pain are all negative signs of your opportunity for the development of personal freedom and lifestyle. To achieve personal freedom and lifestyle, it requires power to overcome pain, authority to combat fear and ability to fight the effort of resistance that makes the problems in life.



Chapter 6:

Kinds Of Lifestyle Education To Ultimate Freedom

Synopsis

Education is considered as the most effective and efficient way of learning both basic and advanced skills and knowledge. It also helps in molding them to become rational ones. In short, education allows people to learn diverse things.



Different Types Of Education

When it comes to ultimate freedom, there are several kinds of lifestyle education. These are the following:

- **Scholastic Education** – This type of education comprises the basic learning that a person obtains in school. The academic, basics and trade skills are acquired through formal education. In scholastic education, people learn how to manage their time, schedule and overall activities.
- **Informal Education** – This includes a learning scheme through informal reading or communication. People often change their lifestyle through the influence of other individuals surrounding them. Sometimes, they prefer to adapt the lifestyle of others, believing that it can meet their needs and preferences.
- **Professional Education** – It teaches you how to work for money. You can get this from training, apprenticeship and through work experience. It can also range from apprenticeships in a service or trade to a higher aspect.
- **Social Education** – This kind of education plays a vital role in human's life. Through this, people can have a chance to make sales and deal with clients. It is about developing “emotional intelligence” towards others. This education can

help a person communicate with other people regarding their needs, feelings and situations.

These different types of lifestyle education are essential to understand the human lifestyle. Through these, you will also be able to understand how to handle your everyday life.



Chapter 7:

The Benefits Of Living A Free Lifestyle

Synopsis

After knowing the exact meaning of free lifestyle, you probably want to know what its advantages are.



The Advantages

Here they are:

- **Decide on Your Own** – If you are living a free lifestyle, you don't need to ask permission from other people. Therefore, you are free to do anything you want. No one could ever dictate you on what to do.
- **Free to Express Your Feelings** – Since you are living a free lifestyle, you don't have to mind other people. You can say what you want without worrying about the feedback or judgments of other individuals that surround you.
- **Good Mental Health** – This will be achieved depending on your preferred lifestyle. If you maintain a balanced diet and a regular routine, you will be able to prevent depression. It will also sharpen your memory and soothe your mood. If you live a free lifestyle, you will be free to expand your range of food choices and create a smart decision.
- **Get More Energy** – Some people think that their daily activities will make them tired at all times. If you really love what you are doing, you will never be tired of your daily routine. In fact, you can have a chance to perform at your best.
- **Free of Stress** – Living a free lifestyle will help you get rid of stress. Therefore, if you know how to handle your problems, you can easily get over it.

- Fulfill Your Dreams – Some parents build great dreams for their children. In most cases, they neglect to ask the approval of their kids. They dictate and force them to do what they want. If you are living a free lifestyle, you can decide on the profession you want to have. You can choose anything without having any trouble.
- Ultimate Freedom – Practicing a free lifestyle allows you to explore everything. You can therefore have ultimate mental, physical and emotional freedom.

With the great benefits of a free lifestyle, a lot of people desire to change their daily routine and habit. If you are one of them, you should not restrict yourself from exploring.

The different benefits of a free lifestyle will help you have the kind of life you have always desired and dreamed of. To experience these benefits, you also need to help yourself. By staying motivated, you will be able to achieve your ultimate goal.



Chapter 8:

The Impact Of A Liberation Lifestyle

Synopsis

Freedom is the capacity and right of people to recognize their own actions. This can pave the way for the development of human's potential. Can you imagine life where most people practice liberation lifestyle? Changing your lifestyle is extremely beneficial. If you just keep on depending on the usual activity that is established by your parents or other people, you will never enjoy life.

With liberation lifestyle, people can enjoy their life. They can fulfill their dreams and benefit from good health. It means that individuals will never have to worry because they know what their future holds. They can also have the things they prefer and easily manage their financial life.

To avoid conflicts, cities and states also provide exact guidelines of liberation lifestyle. It means that though people are doing their preferred activities, they should abide by the law of the state.



Distinguishing Positive from Negative Freedom

Political arguments usually result from the conflict between negative and positive freedoms. Negative freedom is the absence of obstacles to action. Positive freedom, on the other hand, is the ability to act and often related with governmental regulations. However, these types of freedoms are often at odds with each other. Say for instance, your right to enjoy a cigarette while watching movie in a theater conflicts with an asthmatic's right to breathe fresh and clean air.

To distinguish positive from negative freedom, here are some of the ways:

1. Determine the Freedom – If a particular structure or rule enables you to reach your potential, it underlies potential freedom. Say for instance, rules about ideal diving inhibit your ability to play in the water. However, it frees you from childishness and lets you achieve your potential.
2. Consider the Involved Persons – Know if the freedom is personal or it involves others. Say for instance, rules of negative freedom say that you are free to drive your car at any speed level. Just make sure that no one will get injured.
3. Concentrate on Actions and Barriers – Recognize that they are interconnected. Therefore, a single act can impact freedom in both

positive and negative ways for different individuals. Say for instance, smoking is a positive freedom for all smokers, but obstruction reducing negative freedom for the asthmatic.

4. Analyze the Role of Society – Proponents of negative freedom claim that rules restrict freedom for some individuals. However, supporters of positive freedom feel that mutually agreed rules permit people to achieve positive freedom. Say for instance, freedom of religion is negative freedom since you are free from barriers to your religious expression.

The impact of liberation lifestyle to people brings a great change to their life. As a liberated and independent person, you can have a chance to get out of your shell. It means that you can explore and find new things that are perfect for reaching your goals.

If all individuals are liberated and independent, the economic condition of the country will tend to increase. As independent people, they can easily live their life to the fullest. Therefore, they can help not only themselves, but other people as well. They can do this through inspiring others to follow their chosen path in life.



Chapter 9:

The Basic Skills In Living A Lifestyle With Ultimate Freedom

Synopsis

Freedom starts in your mind. If you want to live in a free lifestyle, you should know how and where to start. You should know what to do and what exactly you want. It is also best to improve your skills and to explore.



Some Pointers

There are four steps to live a free lifestyle. By following these basic skills and steps, you will be able to achieve ultimate freedom:

Step 1: Improve Your Knowledge On What Wealth And Freedom Really Means

Achieving ultimate freedom means that you can do whatever you want whenever and wherever without worrying about anything. Once you achieve ultimate freedom, you will be free from geographic, time and financial constraints. Most people can't do anything they want due to lack of money. However, having a lot of cash doesn't guarantee true wealth or ultimate freedom. Instead, it resembles how you spend and value time.

Step 2: Earn Income In Multiple Ways For Ultimate Freedom And Wealth

There are three fundamental methods of making money. These methods include working, creating income streams and investing. Studies show that almost 96% of the population earns money through working. It is a trade of time for money. On the other hand, 3% of the population earn through investing. This scheme gives you freedom. However, it can be risky and often involves more capital. Among the different methods, streams are the best and most accessible to all.

Step 3: Improve Your Passion

Passion is not discovered, but developed. The passion of people is not always known to others. It is an area that an individual has skills and interest in. If you have skills, but lack interest in a certain endeavor, expect that you will not be passionate about it. To develop your passion, you need to create a list defining your interest. Then, start comparing them to one another.

Step 4: Always Follow Your Instinct And Be Positive

The best way to achieve ultimate freedom is through doing what you want to do. If you always follow your heart and mind, then you don't have to worry. While doing your task, always be positive in order for everything to go according to your plan.

Depending on your choice, you can achieve the ultimate freedom you have always desired. Your chosen lifestyle relies on your hands. Just focus on your wants and desires. Then, do what you think is right. This is the key to enjoy your freedom.

Wrapping Up

The 10 Reasons Why You Need To Be Liberated To Achieve Ultimate Freedom

Freedom is a condition wherein people have the opportunity to act, speak and pursue happiness without undesired external restrictions. This is essential because it leads to the developed expressions of original thought and creativity, overall high quality of life and productivity. To achieve freedom, most people prefer to be liberated. What are the main reasons why you need to be liberated? The following are the answers to this question:

1. Learn How to Survive in Your Own Way – The most essential reason for being liberated is that you will find yourself without a guardian or parent. Therefore, no people will support and look after you. Without them, you will learn how to survive and discover new things. As a result, you will become stronger in managing your life.
2. Not being Burden to Anyone – It is extremely common for a child to be dependent on his/her guardians or parents. However, when dependence seeps into age, it can become a burden on the person who is being depended on. If you become liberated or independent, you don't need to ask help from other people. You can stand up and earn money in your own way.

3. Best Tool for Developing Good Self-Esteem – If you are not dependent on your parents, you will feel more valuable. You know what you really want to do and that will boost your self-respect and self-belief. As a result, you can have a chance to experience great happiness.

4. Lead to Incredible Innovations and Discoveries – If you are living a free lifestyle, you can explore yourself and the world as well. You can discover your strengths, go around the world without the approval of the parents and do a lot more. These discoveries will help not only you, but other people as well.

5. Can Take Control of Your Own Destiny – Depending on your wants and preferences, you can stay in a mall, in the office or inside your room. You can also work anytime you desire without worrying about anything. It means that you are the one who holds your own future. If you want to be successful in the future, you need to work in order for you to earn money.

6. Be Yourself – If you are liberated and independent, you don't need to pretend that you are somebody because this will hinder your potential for growth. You don't need to do what your parents want you to do. You can act naturally and follow your heart in order for you to be happy. Say for instance, you don't need to control yourself from roaming around the world if that is really what you have always wanted from the start.

7. Prove that You Can Stand Alone – Most people desire to practice a free lifestyle to prove that they can live without their parents or guardians. Sometimes, they prefer to stay away from their parents. Being away from their parents, they do everything to ensure that their life will be great. They are doing this not only to show their importance, but also to see the extent of life they may reach even if their parents are not around to guide them.

8. Desire to be Alone – Some individuals prefer to be liberated and independent to stay away from other people. They want to be alone while reaching their desired goals in life. Others don't understand why some decide to be alone even if they have relatives and families. Maybe, some of them had bad experiences in the past that they want to escape or get over with. Those experiences push them to go on with their lives without depending on anybody.

9. Be tough in managing your Life – Since you are living all alone, you have no one to depend on but yourself. Even if tough problems come your way, you can find immediate solutions without asking for help from other people. Once you live dependently, it would be easy for you to handle the different challenges in your life.

10. Peace of mind and stress-free – If you are liberated, you will not think of what people say about you. You also would not mind thinking of any possible situations that may cause you stress. It means that your mind is at ease. Once you understand the concept of freedom, you will always be confident that every problem has its respective

solution. Therefore, why bother yourself to think more? Once you are independent and liberated, your main goal is to reach for all your dreams while enjoying all the good things that life has to offer.

With these different reasons, you may get tempted to start changing your life now. If you are bored with your usual activities, you don't have to suffer from the consequences. Life is full of journey. Therefore, you can have an option to achieve your best goal. If you want ultimate freedom, the choice is yours.

As you will notice, achieving ultimate freedom is not as complicated as you have always thought. All you have to do is to be yourself and do whatever you want that can make you feel happy and contented. However, just make sure that your happiness will not be the cause of suffering and pain of other people.

