

# Set Free

*And ye shall know the truth, and the truth shall make you free.*

— John 8:32

*Freedom is the birthright of every living soul. All instinctively feel this.*

— “The Science of Mind,” page 279

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I have come to love the story of Moses leading his people out of bondage and into the Promised Land. I guess I always enjoyed the story (Yul Brynner and Charlton Heston are still there in my mind when I think about it), but in the last few years, I have come to deeply appreciate the metaphysical meanings imbedded in this ancient tale.

This is *my* story. I have been a slave to false beliefs and limiting ideas and I have been set free. And I continue to be.

If you've ever been stuck in a pattern of self-destructive behavior, you understand the need we humans have for our freedom. It can be a life-threatening addiction or a simple tendency to worry about money. It doesn't matter which chains we've placed on ourselves, our soul is looking for its freedom.

There are moments of high realization and sudden insight, and we can be changed forever in a second. And there are other times we wander in the wilderness awhile on the way to our life of freedom.

It's really okay either way. Though I much prefer the instant healing, it seems that the most lasting and profound changes in my life have taken some time.

Don't be afraid of the journey. Your soul knows the way.

## AFFIRMATION

**I am free and unlimited.** I release old ways of thinking and being and boldly step out into my freedom, into my truth.