



Pause With Purpose

...to refresh

...to grow

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and
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Relationship and Life
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Freedom

As I write this, I recall that today is December 7 - "Pearl Harbor Day," the day in 1942 that Japan attacked Pearl Harbor in Hawaii and marked America's entry into World War II. Many military personnel died that day, and many more died in the years that followed. If you ask World War II veterans why they fought and sacrificed, many say they did it to "defend our country" and to "defend freedom." The cause of freedom is often pointed to as a motivating force by those who would struggle and sacrifice in wars, religious conflicts and social reforms. It makes one think that perhaps there is something of value here. And indeed there is!

But what is this thing called freedom? In America, we proudly point to our Declaration of Independence, our Constitution, and our Bill of Rights as the bedrock of our being, as our National Anthem says, "the Home of the Brave and the Land of the Free." We loudly proclaim our freedom to choose, to say, to do, to have, to go, and to be. In like order, we firmly resist, even to the death at times, efforts by others to control, restrict, or dominate us.

We human beings certainly do value our independence!

Yet, simply observing the behavior of young children quickly reveals the dangers of freedom without boundaries. Even a democratic society that sings the praises of freedom enacts social laws to limit and modify the freedoms we cherish. And so it must be. If all our ideas and impulses were of a healthy nature, such boundaries wouldn't be necessary. But alas, such is not the case. As precious as freedom is, it must, because of our very nature, have limits so that it can work for the welfare of all mankind. Just as healthy blood must exist within a system of guiding vessels to make a body healthy, so freedom must exist within the guiding boundaries of appropriate laws for a healthy society to exist.

We can, however, encounter unhealthy barriers to our personal freedom which live within our own heart and mind. They exist as fears, doubts, faulty assumptions, misbeliefs, and blind spots which develop and accumulate throughout life.

The effect of these personal barriers is to depower us, to restrict our thinking, and to limit our ability to choose and act. Our experience of freedom, then, is limited not by a lack of freedom, but by our inability to access and make use of it. It's like having a Porsche in your garage, but never driving it because you're not sure how to get to the garage, you're not really sure there is a Porsche in there anyway, you're afraid you might not be able to handle driving such a car if you had the chance, you're concerned the neighbors might be jealous if they see you behind the wheel, and after all, you don't deserve to drive it anyway. And so the car sits.

My! How we get in the way of our own freedom (and a fun ride.)

If we truly want to possess freedom, then we must do three things:

1) honor our value of freedom and commit to live each day as an expression of that value,

2) recognize and respect the freedom boundaries necessary to protect each others wellbeing,

3) work to eliminate the barriers which are self imposed and which keep us 'stuck.'



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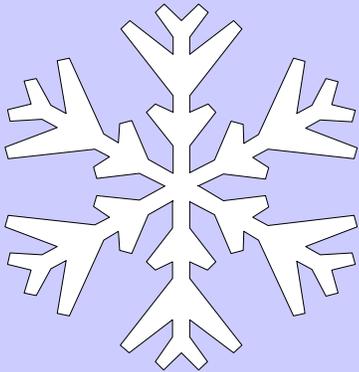
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CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can help you take on the challenges of life and bring new vitality into your life relationships.

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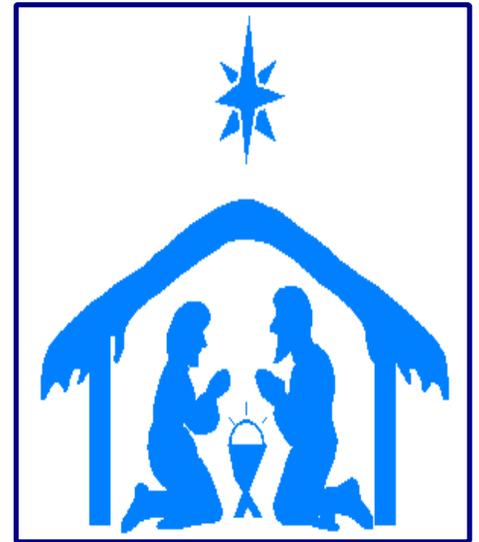


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So why 'Free to Be' Life Coaching?

Free to Be is more than the name of a business. It is a belief and a philosophy of life. It is my belief that each of us has been created with unique gifts and potential which, when identified and nurtured, lead to a life of contentment, joy, and fulfillment. Honoring this design in our self and in each other empowers each of us to be our best, personally and relationally. That's great freedom - freedom with both active purpose and meaningful boundaries.

My desire for all of us is that we continue to grow in the freedom to be all that our Creator has uniquely designed us to be - for our enjoyment, for His glory, and for the benefit of those with whom we share this journey.



Wishing you a wonderful Christmas season and the peace that comes from knowing the Christ of Christmas.