

# Reflecting Freedom Book Club

I've known people from the most privileged environments and shared cell space with people who have only ever known hardship and adversity. I've come to believe that everyone, regardless of their history, is in a prison of some sort whether they realize it or not.

Reflecting Freedom book club explores how prison is a metaphor for self-imposed limitations. My book, *A Freedom That Comes From Within*, is about finding your own freedom. Freedom in the midst of any circumstance or situation. Freedom regardless of how limited and powerless you may currently perceive yourself to be.

## Weekly Outline

### **January 12<sup>th</sup>**

Introductions

- Who we are and why we are here

Group Expectations

Five Keys

How to work with the questions in *A Freedom That Comes From Within*  
Each session will begin with a review of the work you have done in your companion journal.

### **January 19<sup>th</sup>**

1. Personal Freedom
2. Addressing Issues in My Life
3. Getting through Difficult Situations
4. Absolute Knowing

### **January 26<sup>th</sup>**

5. The Source of My Freedom
6. Spirituality and Religion
7. Intention
8. Self-Perception

### **February 2<sup>nd</sup>**

9. Redemptive Love
10. Major Themes in My Life
11. Soul Deep Sadness
12. Inner Strength

### **February 9<sup>th</sup>**

- 13. Purpose
- 14. Small Self and Large Self
- 15. Speaking without Words
- 16. Keep Questioning

### **February 16<sup>th</sup>**

- 17. Living my Passion
- 18. Self-Imprisonment
- 19. Inspiration
- 20. Who am I?

### **February 23<sup>rd</sup>**

- One Final Question
- Thoughts for the Journey