



SEVEN STEPS  
*of*  
FREEDOM

A FEW SIMPLE GUIDELINES TO ASSIST IN EXPRESSING  
THE AMAZING LIFE YOU ARE HERE TO LIVE

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*Cynthia James*  
E N T E R P R I S E S

*Welcome to the Seven Steps of Freedom. This gift was designed to give you a few simple guidelines to assist in expressing the amazing life you are here to live. I have used these tools for many years, personally and with clients. Powerful shifts have taken place. So what is freedom?*

***Definition of Freedom:*** *The condition of being free of restraints; Liberty of a person from oppression; Exception from unpleasant convictions.*

*The truth is.... life does not have to be a struggle. You are enough. You do not have to do anything to be loved. You are loved because you exist. I believe that we are all creative beings here to make a difference on this planet. The way we do that is to embody and embrace full expression and freedom.*

*Enjoy,*

*Cynthia*

## **THE SEVEN STEPS**

Freedom is a choice. It is an opportunity to stand in the fullness of who you are. It is an opportunity to absolutely fulfill the destiny that you have come here to achieve. It is a powerful way of expressing. It is a powerful way of being. It is a way in which we can speak, think, move, and act as remarkable human beings. Freedom is about deciding to take the chance to move beyond old wounds and the feelings that no longer support you. Freedom is about saying yes to your life. Here are seven steps to guide you. Use the affirmations daily to support you in shifting the way you currently

perceive and live your life. This is an opportunity to step into your greatness in a new way.

## Releasing The Story



Your story is important. Every single step of your life has made you who you are today. However, if the story keeps you locked in a state of victimhood it has become a prison. If your life has seemed like little more than a relentless soap opera, a painful drama, or an ill conceived mini-series, take heart. You hold a life giving energy changer in your hands.

For years my story ran my life. No longer. Abusive relationships, numbing out, running, feeling afraid, inability to stand up and be authentic or speak from a voice of power—these are no longer in my day-to-day reality. It took time but I transformed. Today, I am clear that I am and have always been a divine being. I have taken charge of my life and allow my destiny to unfold in powerful ways.

Why not look at your story as a stepping-stone to greatness. You are the only one that can shift the way you look at the circumstances of your existence. Let go of the patterns, the fears, the doubts and the mind “traps” holding you hostage.

Really pause and listen to yourself. How often are you telling the same story and feeling the same anxiety? What is the payoff for

continuing to release that same energy through your words? How attached are you to the familiar?

It could be time to create a new story full of hope, joy, expansion and creativity. Why not begin a 30-day commitment to stop telling your story? You might change your entire life. Try saying these affirmations daily.

### **AFFIRMATIONS**

“I take full responsibility for my life and my behavior. I take the attention off others and place it fully on myself. I am changing now!”

“I lovingly release old wounds. I choose freedom now as my creativity fully reveals itself. I hold nothing back!”

## **Finding Your Voice**



You are a unique imprint filled with infinite possibilities. Your voice is not just the sounds you make when you speak or sing. Your voice is the essence of you. It is the energy that flows through you. Your voice can be personal or part of a collective. It can be brought to life in relationships, communities and institutions. It can facilitate goals, establish authority and define

rules, objectives and policies. What is important about the voice is that it is authentic.

I believe every person on this planet wants to feel loved, safe, cared for and honored. There is a deep need to feel that we should have choice and that those choices should be respected. Some call these human rights, and it includes things like: the right to be educated; the right to practice religion; the right to have clean water and food sources; the right to love whomever you love, the right to live in a safe community; the right to speak your mind, express your heart and express your personhood without fear of being harmed for using your voice.

If you do not feel safe within yourself it will be difficult to bring your voice to the world. Here are some signs that you do not feel safe. Notice how your jaw tightens when you want to speak but are afraid. Notice how you pull back your energy when you feel threatened. Notice how you cry when you feel unheard or unseen. Notice your mind chatter telling you that your voice does not matter. These are all symptoms of an inner dialogue that insists that you stay small.

What if you felt strong enough to share your truth and your wisdom? What if you were unwilling to stay silent when injustice was raging in your life? What if you knew beyond a shadow of a doubt that your voice mattered?

Why not take some time to witness how often you pull back your voice. Look at the rationale running through your thought process. Journaling your insights and revelations around sharing your voice is a great way to start. It might also be time to get some support to assist you in claiming your powerful voice.....your inner knowing. There are so many tools, coaches, counselors and therapists ready to support your transformation. Whatever you do, don't try to do this alone. We all need help to grow. Try saying these affirmations as you unlock your voice.

## **AFFIRMATIONS**

“Today I embrace myself fully. I express my feelings in

constructive and powerful ways. I look within and recognize I am loved and supported just the way I am!”

“My emotions are not in control of my life. In this moment, I choose to embrace positive and clear ways to communicate my feelings to myself and others!”

## Connecting Mind and Body



You are a being of energy. Your body is a mirror for your life. Everything that has ever happened to you, and in some cases, your ancestors is encoded in your physiology. Everything is consciousness. Everything is energy. The physical body is an energy field. The physical body carries the energy of thoughts, experiences and emotions. A change in the energy field happens before a change in the physical body. We have been taught to live in our minds and figure things out. However, the mind alone cannot create shift. Think of all the times your mind got you into trouble.

Connecting the mind and body allows for an acceleration of change and healing. My family did not know this and so they suffered illness, overweight, depression and anxiety for generations. They did not have the tools to overcome trauma, abuse and scarcity. The day I discovered mind/body work my entire life changed.

Your body is a powerful system. When attuned and aligned it will always show you the way to health and wellbeing. I invite you to explore your own mind-body connection. This is an opportunity for you to unlock old patterns and beliefs that keep you locked into non-supportive patterns. There is no one-way to do this. Walk, run, hike, dance, do yoga or stretch. The more you move the more you will learn what your body loves to do. It will become the easier and easier to unlock the language of the body. The body is constantly communicating with you. If you allow it, the body will keep you healthy and strong. The hard part is learning to listen and trust this incredible knowledge container. It isn't easy because we are captivated by habits and addictions. Even when we know they don't serve us we still find ourselves drifting into oceans of unconscious activities.

Now is the time to find the strength within yourself to stay present in every situation and connect to the intelligence innate within you. Now is the time for you to love, honor and accept your body as a sanctuary of wholeness. That means that self-care will become your friend and you will thrive. Use these affirmations as a conduit to connect mind and body.

### **AFFIRMATIONS**

“In this moment I choose to free my body from limiting thoughts and beliefs. I am freeing my body to be the fullest expression of health and well being.”

“There is nothing standing in the way of my body fully supporting me. This is a glorious day as I step into the freedom of expressing my body's full potential.”

## Surrendering Secrets



SECRETS create emotional and physical blocks. SECRETS take an enormous amount of energy to hold, energy that could be used in constructive ways. SECRETS hold you hostage. For many of us, trust is a huge block to freedom. We have been raised in families or entered into relationships where secrets denied us entry into intimacy and therefore, trust. Shame ruled our thoughts, dreams and desires. So much so that many became immobilized and surrounded by invisible walls. John Bradshaw wrote an illuminating book entitled “Family Secrets.” He wrote about the toxicity created through withholding secrets and discussed how patterns of denial, hidden agendas, and betrayal can be passed down from generation to generation without being addressed.

From the time I was a child I was “entrusted” with family secrets. Sometimes I was able to handle it and other times I blurted things out and got into immense trouble. As I grew older I learned to keep the secrets of others and then my own. I became a container of shameful ways of being and self-doubt. “How could I be loved if I came from such dysfunction and continued that legacy?”

It wasn’t until I became an actress and told my story in a one-woman show that healing became possible. During that time I realized that there was nothing I could do that would turn the universe against me. There was nothing I could do that would thwart my destiny unfolding. Those realizations gave me the courage to get into therapy, release my secrets, make amends when I could and understand that I could choose my destiny. Those

revelations allowed me to stop judging my family and myself. I recognized that I could begin again and choose love of others and myself.

You are not broken. You do not need to be fixed. What you are called to do is to take an honest look at yourself and your past. Become responsible for your choices then and now. Stop hiding. Tell the truth. Awaken to your extraordinary essence and bring it to the world. These affirmations might be a great supporter of letting go of holding secrets.

### **AFFIRMATIONS**

“I step out today as a free Spirit, expressing my lightness of being and having it returned to me one hundred fold.”

“The power of sweet and total surrender engulfs me now. My life is an expression of light and love – beyond circumstances. I release all shame and guilt.”

## **Time For Forgiveness**



Many believe forgiveness is a magnanimous act. They believe it is benevolent to forgive someone who mistreated or acted inappropriately with them. I used to believe forgiveness meant standing in a “holier than thou” place and deciding to bless someone for his or her transgressions. It never worked. The

moment I became triggered the anger returned. I knew there had to be another way. I began, researching, reading, and praying about the real meaning of forgiveness. I wanted to understand forgiveness beyond some ‘ego need’ to be right motivating my actions. What I came to understand is that where the universe/God/Spirit is concerned, there is only energy. Every event and circumstance is about energy. There is only possibility—no right or wrong. Our perceptions and our judgments of any situation, event, or behavior create our responses.

How we perceive the energy is the real test. That discovery led me to understand that my job was to forgive any perception of separation and to forgive myself for any actions that I judged in others. It meant that everything was about my concepts, my judgments, and me. It was not about condoning someone else’s behavior. It was not about letting somebody off the hook. It was not about blessing someone and letting it go. It was about my personal filters processing information on acts or behaviors. How I looked at the issue was the only issue. It meant really looking at the filters through which all thoughts were conceived and transmitted.

What if no one had the power to harm us at the core of our being? What if we can choose how we want to live? What if we decided to take control of our thoughts? Try this process.

**I CHOOSE:**

To release self-condemnation

To release shame

To release blame

To release guilt

To release judgments

To release harsh thoughts

To release belief in my unworthiness

To release that I am unlovable

**AFFIRMATION**

“I radiate divine love in each moment. I am clear that miracles are

and have been unfolding in my life eternally! I choose love!”

“I give thanks for the opportunity to learn from my past and create an amazing future.”

## Reclaiming Yourself



Freedom is not walking away from everything and having no responsibility. It's not about being wealthy enough to buy anything you want. It's not declaring you are free, yet making choices that bind you to old behaviors no longer demonstrating what you value. Freedom is knowing you are a spiritual being connected to a Universal Source.

Quantum physics says there is a quantum domain where an never ending energy is ever evolving. We are a part of that domain and there is a field of infinite and pure potential available to us. All we have to do is align ourselves with that ever-present abundant energy. Standing in the space of freedom means you are willing to remember:

*You are always connected and Spirit is your Source.  
Every moment, right here and right now, is a choice point.  
You get to choose how you live, speak, walk, and ultimately live.*

Don't be fooled into thinking you are not making choices.

Everything is a choice. If you are choosing to stay in abusive relationships, it's a choice. If you are opening to unharmonious, non-nurturing, and unsupportive careers or jobs, it's a choice. If you are living in a place of health, mental well being and financial abundance, that also is a choice. Make no mistake about it.

If you have come from challenging environments, families, and relationships or have been traumatized or abused, it is difficult to be clear. It is harder to see where the lines of choice fall. What you can do is make new choices is to start with little things first. Choose to eat healthy today. Choose to be in the company of positive people. Choose to detox from negative news. Choose to rest. Every step moves you closer to the center of your being and health. Try saying these affirmations.

### **AFFIRMATIONS**

“I am a powerful being. I am in charge of my destiny. Today, I choose to do things that feed my soul and nurture my heart.”

“I claim my freedom, my brilliance and my destiny!”

## **Radical Self-care**



Radical Self-Care... meaning that 'you' come first. This is an

interesting concept because when you have been a caretaker and placed other needs beyond your own, there appears to be no other option. Your first reaction in thinking about radical self-care could be the fear that people are going to be upset or annoyed. There will be some sort of resistance because you have always been the one to handle things. You're probably right. You will be asking people to adapt to a new way of operating with you. They won't understand or like it. They may even use creative methods to bring you back to the caretaker role. It will be easy to say okay and slip back into the old pattern of doing for others rather than doing for yourself. Here is the good news. I have discovered over the last several years that the more I take care of myself, the more time and compassion is available to be in service to others.

Today, my interaction with other people and the interaction with my career are from a healthy standpoint rather than from need—need to be validated, need to be in control, need to feel important, need to be loved.

This is the perfect time to learn to take care of yourself. You can discover what nurtures you. For me, it's hot baths with candles, walks, meditation, and reading great books that feed my soul. It's turning on music and dancing around the house. It makes me feel joyous and alive.

The invitation is to take time to determine what you need to feel whole, cared for and comforted. Begin by building an intentionally nurturing schedule. If you can't start daily, try weekly. What are you willing to do once a week to nurture yourself? What are you willing to do to feel better, healthier, more conscious and balanced? Once you have made the choice, make that time sacred, without interruption. It may be uncomfortable at first. It will feel like you are in a void or in limbo because it's foreign. Do it anyway, for you will discover a place of health and balance that opens portals for new and exciting possibilities in your life. Here are some affirmations to support your new way of being.

## **AFFIRMATIONS**

“Today, I cherish myself. I treasure myself. I honor me. I love myself the way I want to be loved.”

“I am the most important person in my life. My radical self care prepares me to live my greatest life.”

**If this has been of value and you would like more support visit me at  
[cynthiames.net](http://cynthiames.net)**