

CHAPTER ONE



THE FREEDOM CODE DECODED

I WOULD LOVE FOR YOU, and everyone else in the world, to find your own magic lamp and receive your three wishes. It would be equally wonderful to see you attract whatever you desire and bring happiness into your life. Now I may not have found the magic lamp from the story in the Introduction, but I was given something just as rewarding. Through my life experiences, interactions with people, and knowledge gained from my teachers, I accumulated a bounty of useful information to help others move forward and increase their happiness. My experiences, both good and bad, have provided me with the needed tools to help others overcome their obstacles and challenges. I've also gathered a wealth of knowledge from reading, teaching, sharing, and listening, and I will give you the best techniques I've found for creating success, happiness, freedom, and abundance. I want you to be happy.

To start things off right, let me share a simple concept with you to prime the pump. If you want to live in peace, help others find peace. If you want to be happy, help someone else find happiness. If you want to be free, help others find freedom. That is what I am doing in this book. I am participating in the sacred hoop, the circle of life. (I was reminded about this great concept from one of our Native American elders.)

If you desire more peace and abundance to come into your future, please read on.

DEFINING FREEDOM

Freedom is such a great word. It means so many things to so many people. The vast majority of us want to be free so we can live our lives to the fullest. We want the freedom to speak our thoughts without judgment or reprisal. Many want to worship freely without the fear of subjugation, restriction, or persecution. Wouldn't it be great if we were free to express ourselves without being laughed at, ridiculed, or shunned by society? We can, we already are, and we are doing a better job of this each and every day. We can achieve this for everyone on the planet. We continue to create this positive change as we make simple adjustments in our lives and small shifts in our perception. This brings about peace and happiness for our brothers and sisters. As we continue growing and shifting fear into love, our ability to live in peace grows stronger minute by minute, day by day, and year after year.

As I alluded to in the last story, if you want to be free, it will help to know what freedom means to you. Do you know what freedom means to you? Have you thought about one of the most cherished gifts we can achieve as individuals and as a society? Let me share this example of how important those questions are. Instead of *freedom*, I will use *happiness* so you can still define your own meaning of freedom while reading the next three paragraphs.

During my sessions, I often ask my clients to tell me what would make them happy. The conversation usually goes something like this: "I'm glad you are here, and I know you came to my office with the intent to make an adjustment in your life. You want to improve your life in some way that will make you happy. Great! So tell me, what would make you happy?" You would be surprised at how many respond with, "Wow, I don't know," or "I don't have a clue." How do they know they are not happy already if they don't know what will make them happy? I know they are not completely happy because they are in my office, so now is the time to start the simple process.

You can probably see how this makes my job easier. The first thing we can do is establish what would make them happy and reinforce the

importance of following through with their goal. I give them this analogy: Imagine you are a boat and we drop you in the middle of the ocean. You have no sails, no oars, and no rudders. You have no way of guiding yourself, and you don't know where you are going. The purpose of a boat is to float and take people and cargo places with the best possible speed and keep good direction while doing so. You want to be a good boat, but you still don't know where you want to go or how to get there. You are at the mercy of the currents and ocean waves. By giving yourself oars, rudders, and sails, you increase your ability to become a better boat and stay on course. Having a destination gives you the ability to celebrate confidently when you steer into your designated port or dock. Reaching your goal simply validates your happiness. Voilà. Instant success.

Just as a boat will be happy when it reaches the dock, so will you when you reach your definition of happiness and freedom. You can aid the process when you tell your conscious and subconscious mind what you desire. (We will talk about this in future chapters.) When you have defined your goals and firmly placed them in your mind, you will react happily instead of guessing how to respond when you get there. It reminds me of the familiar phrase from the backseat of the car: "Are we there yet? How much farther, Dad?" With your goals established, you will know when you arrive at the finish line so you can rejoice.

Have you been thinking about your definition of freedom yet? Have you defined freedom for yourself? Is freedom even important to you? Here's a good question to ask yourself: Would you rather be free—free to choose for yourself and make your own decisions—or would you rather be someone's slave, with no rights or privileges? If your answer is freedom, now is the time to define what freedom means to you so you will know if you have all the freedom you desire, or if you need to create solutions to gain more freedom.

Here is a quick bit of advice before we go any farther. When you define something, such as *freedom*, *happiness*, or *success*, it's OK to change your mind as time goes along. It's OK to make adjustments during the process. It may quicken the results, or it may set them back a little. But isn't it better to reach what you really want instead of settling for something else because you didn't change your mind? You are not locked into your first answer or response. You may find yourself changing your mind many times while you read this book. And I say, "Great!" Knowing what your true desires

are will give you increased focus and clarity. Focus and clarity speed up the process more than being at the mercy of the winds and ocean waves. And sometimes you won't know what you really want until you start the process.

EMPOWERING THE SELF

To me, freedom has many definitions. It can mean liberty, no laws, no restrictions, free will, self-determination, or choice. One of my favorite ways to describe freedom is self-empowerment. As you gather skills, knowledge, and ability, you free yourself from the need to depend on others. You open a world of opportunity to produce and accomplish on your own. Talk about creating satisfaction. This starts at a very early age, too. When we learn as young children how to tie our own shoes, we become empowered. We no longer have to wait for someone to tie our shoes before we can run outside to play with our friends. We empower ourselves with this knowledge and create more playtime. (And who doesn't like more playtime?) This process of empowerment continues all the way up until the time we decide to leave our bodies. As you look at your upbringing, you can probably think of many things you learned in life that gave you this type of freedom. What's even more exciting is that we get to decide how much empowerment we want from this point forward, and that is awesome.

In our quest for knowledge, the more you know and understand, the more you free yourself. You give yourself more options. The same can be said about developing skills. As you practice and maintain your ability to perform your own tasks, you increase your empowerment. This leads us to the next step that is created from self-empowerment. It is the freedom of *choice*. Choice is one of those things we wish we had more of, though sometimes we wish we had less of it when it causes confusion and indecision. Given a choice (no pun intended), I imagine that we all would welcome more choice over having no choice at all. That is one of the reasons we keep developing skills and seek greater knowledge.

The next question to ask yourself is how does choice empower you right now? Well, to put this in today's perspective, if you can change the oil in your car or replace your own timing belt, you now have a choice: you can do these things yourself, or you can take your car to a shop and have someone else do them for you. Without the knowledge to properly maintain

your car, you are bound to someone else's abilities, time schedules, and fees. Your choice becomes limited. As we pursue freedom for all humankind, we are also creating choice and the freedom to choose.

Can you see how choice becomes one of the most important gifts of freedom and self-empowerment? You can choose who ties your shoes, who washes your clothes, who makes your dinner, who drives your car, who makes the money, who makes decisions in your life, and whom you can thank for creating more choices in your daily life. One of our greatest pursuits over the expanse of history has been to find ways to create more choice.

With so many talented and empowered people in the world, we have created a plethora of options for everyone to enjoy. Thank you for being self-empowered in so many ways. Thank you for using your gifts to give choice to your fellow kind without using it for power, greed, profit, and control.

You can probably already guess what I am going to ask next. What does self-empowerment mean to you? Are you self-empowered? What have you achieved that has empowered you? Everyone is capable of doing so many amazing things. I'll bet you can list at least ten things right now that you can do on your own. The more you realize what you can do and accomplish, the greater your freedom becomes. The more you realize what you can do, the greater your confidence grows. You are capable of accomplishing so much. It's time to pat yourself on the back. Realize how free you are this very moment.

Now it's time to stretch a little more. What can you do to empower yourself beyond where you are right now? What can you do that will increase your freedom of choice? Here are a few tips to help you on your way.

EMPOWERING PEOPLE

1. I believe we should start with this important question first. Do you want to be more self-empowered? You definitely don't want to do it just because we are talking about it. It should be a true desire. With knowledge and skill comes responsibility, and not everyone wants more responsibility. What was your initial response when you read the question? Do you want to increase your self-empowerment? Do you want to change your answer? Will you accept the responsibility with increased knowledge and skill for the betterment of yourself

and others? You are capable of empowering yourself as much as you want. Go for it!

2. Define what self-empowerment means to you. You might already be as self-empowered as you desire. If you seek more empowerment, you've just picked up a pair of oars and a rudder with this book and you are ready to start your journey.
3. Become a servant and not a slave. A servant has more choice than a slave. Choice is created with knowledge, skill, and ability. Pursue information and proficiency through life experiences that will bring you one step closer to your goal of self-empowerment. Serve others with your abilities. There are no masters if everyone is serving each other.
4. Know what makes you happy so you can celebrate when the time is right. Know your goals. Write them down. Say them every day. Find pictures that you can tape to your refrigerator. Do whatever it takes (morally) to make your goals known to your conscious and subconscious.
5. Release subconscious and conscious blocks, negative thoughts, and negative emotions that are keeping you from reaching your dreams. Continue releasing past beliefs and past experiences that make you feel unworthy of love, success, and abundance. (I will devote more to this in the coming chapters.)
6. Understand the difference between self-empowerment and ego. Creating choice by increasing knowledge and skills, and then sharing that knowledge with others, is considered a good characteristic of being self-empowered. When choice is restricted for the means of self gain, control, and creating fear in others, it is ego. Ego is unbalanced pride, desire, and an unbalanced need to control. Ego can stand for: Energy Going Overboard.
7. It's OK to be a follower instead of always being a leader. You can still live a very happy life if you never take the horse by the reins. Being a follower also gives you an appreciation and broader perspective for leadership.
8. Be glad you make mistakes. Making mistakes increases your knowledge base. Every time you do something that doesn't get you to your goal, you can share this knowledge with others. You've just learned how *not* to complete your goal, so you have gained more knowledge.
9. You can become self-empowered by empowering others and helping

them reach their goals. When you help others and see them accomplish their dreams, this creates more confidence in yourself. Your abilities strengthen, and it feels great.

10. Continue transforming fear into courage. Continue transforming fear into acceptance. Continue transforming fear into love. Love, acceptance, and courage are all part of self-empowerment.

OTHER PERSPECTIVES ON SELF-EMPOWERMENT

I asked a few of my friends and colleagues to share their thoughts on self-empowerment. I'm glad I did because they reminded me of the vastness of perception. Their answers told me that self-empowerment means many different things to many different people. Here are a few of their responses.

Ed Sabo, co-publisher of *Natural Awakenings* magazine in Houston, TX, says that self-empowerment to him is “thriving in the major areas of life: financial, physical, relationship, mental, and spiritual.” He described empowerment as being self-confident, willing to take risks, self-sustaining, independent, and capable. I asked him to share his motivational phrase, and he wrote, “All of life comes to me with ease, joy, and glory.”

Many people find self-empowerment through prayer, religion, and faith. Teresa Leonard, my CPA, told me that her definition of self-empowerment is “the ability to handle life on my own. I do this with God’s help through faith, prayer, study, and communication.” Her motivational phrase is, “I can do all things through Christ, who strengthens me.”

Along with prayer and religion, a great deal of people find empowerment through meditation, relaxation techniques, martial arts, yoga, tai chi, and self-hypnosis. Michael Schuman, a board-certified hypnotist in Houston, wrote that he would train others to become self-empowered with the use of self-hypnosis. “I would be sharing a technique that would give them the ability to overcome obstacles and achieve goals.” He added a short, but powerful, motivational phrase that he uses: “I think, so I am.”

Many others, including myself, are finding empowerment by other means in addition to what you have already read. We are releasing personal identities and the need for accumulating wealth. We are constantly transforming fear into courage and projecting love wherever possible. We are empowering ourselves by letting go. We are becoming empowered by needing less. We have shifted our focus from helping ourselves to helping

others. We lend a helping hand to those in need. We give praise, positive thoughts, suggestions, ideas, and support. We are constantly releasing our old programming and taking charge of what we put into our minds and daily thoughts. We are teaching by example. We know that one of the best ways to help our society attain peace is by finding peace within ourselves. We are helping the masses with our positive outlook and good vibrations.

APPRECIATING FREEDOM

As we shift back from self-empowerment to freedom, a great way to realize how free we truly are is by appreciating all those things we are free from having to do on our own. Isn't it great that we don't have to make the sun rise or the planets revolve around the sun every day? Another perk is we don't have to create air for the entire planet so we can breathe. This gives us more freedom to explore and have fun. Plants grow naturally in the ground and change sunlight into energy without us lifting a finger. Birds migrate all over the world without us flapping their wings for them. Fish swim without us needing to give them swimming lessons. You and I did not have to discover fire, chocolate, or pizza. (Thank goodness! We just get to enjoy those.) Your body knows how to heal itself without you consciously telling it how. Your body knows how to rejuvenate without directing each cell to multiply and discard waste. Your blood circulates freely from your heart without you squeezing each artery and vein. These are just a few of the things you are free from that help you survive in your daily life.

If you made a list of all the things you do not have to create or control on your own, and made a list of all the things you are responsible for creating or completing, you would see how small the second list is when compared to the first. You would realize just how free you are to live and explore. You are so free right now. Do you realize this? Rediscover this appreciation. Appreciating what you have makes your life seem so much richer, fuller, and abundant. This is one of the shifts that can make a major difference in your life.

Take a moment now and think of all the things you can do naturally. If you can't think of any, here are a few more examples. What does your body do unconsciously for you every second, minute, and hour of the day that you don't have to do consciously? We breathe, metabolize food, perform cellular mitosis, we have a constant beating heart, automatic neural

impulse, automatic glandular secretions, involuntary reflex, and so much more. This frees your mind to learn, create, experience emotion, and store vast amounts of information. You have huge amounts of free time because you don't have to consciously make these things happen to stay alive and function.

Think of what happens all around you in nature that you don't have to create or control. The entire food chain was set in motion long before you were born. You didn't have to decide who eats what, where, when, and how. This creates freedom in your life to enjoy the process of eating and being at the top of the food chain. Think of how free you are as the weather is set in motion daily for the entire planet. You are free to walk with confidence knowing that gravity is going to keep your feet firmly on the ground. You are free from making the seasons change. You don't have to fly to the sun on a daily basis to make sure that the nuclear fusion process of changing hydrogen nuclei into helium is still going on. Believe me, you will know when that happens. It will be lights out for everyone.

FREEDOM BEYOND DEFINITIONS

If you want someone to come up with a solution, sometimes all it takes is presenting a person with a goal or a challenge. I remember from my childhood hearing about the concept of infinity. I have heard so many people say that you cannot begin to fathom what infinity means or how infinity feels. Well, I took to that task like molasses sticks to BBQ ribs, and I came up with two possible ways you can begin to grasp infinity. Mind you, it doesn't mean you will understand infinity and everything found within, but it does give you a start for understanding this intricate concept.

The first one is simple. Let's start with distance. If you want to know how infinity works with distance, always add another inch. We know that our solar system is not the end of existence. But for example's sake, let's imagine that the farthest our mind can go to conceptualize infinity is to the edge of our solar system. You rent a rocket from NASA, start the engine, and off you go. You blink and miss Mars. You enjoy counting the sixty-three discovered moons of Jupiter. You pass the A, B, C, D, E, F, and other named rings of Saturn. As you continue, you pass Uranus, Neptune, and our once-recognized planet of Pluto. After you glide by Haumea, Makemake, and Eris, the other dwarf planets, you reach the edge of our solar system. But,

you want to go beyond infinity. What do you do? Simple, don't stop there. Go another inch. Go a little farther and imagine what it would be like to keep going. Distance is only a concept of the mind. When you feel you've reached the end of your imagination, go a little farther. If the edge of infinity was the barrier of the known Universe, go another inch and cross into the next Universe. Every time you reach your destination in your mind—don't stop—go a little farther and add another inch. Distance will always be infinite as you learn how to use this expansion technique.

One of the reasons we don't spend too much time thinking about distance by way of infinity is that it gets too tiring. The mind gets bored. You just keep going, and going, and going. It's like watching a car race without a lap count and no finish line. It goes on forever. What we decide to do in the meantime is stop and smell the roses. We decide to spend some time on this planet as human beings. We might next decide to become an asteroid for another length of time. And when we are hungry, we spend time as a black hole and gobble up as much of the light and space matter as possible. When we make our decisions to stop and enjoy a pause in infinity, we call it a lifetime experience. It becomes the story of our life, much like we are doing right now.

For the second example of infinity (this is the one that reaches home with me the most), we will apply it to one of my favorite concepts—freedom. A great way to conceptualize infinity is to have unlimited freedom. Infinity is the freedom to create without constraint or restriction; the freedom to decide without lack of knowledge or understanding; the freedom to choose or not to choose; the freedom to live without laws, guidelines, or proclamations. It is also the freedom to know everything, and the freedom to forget everything at the same time; the freedom to do and not to do; the freedom to have responsibility or no responsibility; the freedom to live without ruling over another, or being ruled by another; freedom from taxes and financial obligations; the freedom to be in the now, the past, and the future—all at the same time consciously; the freedom to be consciously in your body and out of your body at the same time; the freedom to know life before you were conceived and after you leave your body—while you remain in the now; the freedom to be in multiple Universes at the same time, with full conscious awareness of each existence. I could go on for days. I could go on for infinity. You might say that I could go on for freedom. There is no end to freedom. And once you place a restriction on the

imagination of freedom, it can no longer be considered pure 100% distilled freedom.

In my mind, the freer you become, the more infinite you become. The possibilities of freedom become infinite. We are only constrained by the limits of our own minds. As more people become free, we become closer as one infinite being.

If you ever feel bored, take some time to think of unlimited freedom. What would you do?

HIDDEN ABILITIES CREATING FREEDOM

I have been deciphering the Freedom Code and showing you all the benefits that are hidden inside this system. Part of this code is knowing what makes you happy, pursuing your dreams, and creating a peaceful environment so you can enjoy what you receive. Another part of the code is creating freedom through self-empowerment. You accomplish this as you gather knowledge, wisdom, and hone your skills and abilities. There is a third part of the Freedom Code that we will discuss in greater detail in Chapter 10. In this chapter we will unleash your hidden genie. Everybody has this genie inside themselves already. This is the part of your self that is waiting to help you at a moment's notice. It is an untapped resource just waiting to be called into service. I am talking about your subconscious. This powerful part of your mind is waiting patiently to give you what you desire. All you need to do is guide your subconscious with positive reinforcement and defined direction. You will learn a wealth of knowledge and techniques that you can use to bring life to your inner genie and create your own world of freedom and happiness. For now, we will move on to the next phase of the Freedom Code. What is in store for freedom in the coming years of our world? What can you do to help bring freedom to yourself and your neighbor's neighbor?

THE FUTURE OF FREEDOM

I believe that freedom is our natural birthright. We are born free from the moment we take our first breath. In a loving way, and sometimes in a not-so-loving way, we begin to grow up in a system where rules, guidelines, and restrictions slowly take away our freedom. (Sometimes this happens on the second breath of life and never stops until we die.) In time, as I have heard

from others, we begin to feel trapped by the number of laws that bind our freedom simply because of where we were born or who is in power at the time. (We will talk about this in Chapter 15.)

I know this for a fact: We will find a way to gain freedom again for everyone who desires independence, even if it takes hundreds and thousands of years of growth, pain, and evolution. Freedom can be likened to a finish line for the human species. The human race will keep adapting and finding ways to reach beyond governments and laws that were created for control and power over the masses. The human race will continue to naturally gravitate towards its birthright of freedom. It is unstoppable. It is in our nature, our genetic coding, our destiny to live in complete freedom.

Here is how I know this will happen. With our incredible scientific advances, if a cure is found for a specific virus, and that virus is meant to remain on the planet for whatever reason, the virus will find a way to mutate and survive beyond the scientific ability to eradicate it from the face of the Earth. The virus will grow beyond the control of science. In time, the virus will revert to its natural birthright of freedom to remain a virus, even if it does not stay in its original form. The common cold and the flu are great examples.

Insects and weeds have learned to adapt to pesticides and sprays meant to control or kill their population. With the help of natural process and evolution, insects and weeds become accustomed to the harmful chemicals and sprays and they no longer die as easily. Sometimes they don't die at all. The effort to take away their freedom only strengthens their ability and resolve to survive. I think it is amazing that they have found a way to adapt and endure. They were put on the planet for a reason, and their birthright of survival, freedom, and identity as insects and plants remains intact.

People are equally gifted in this manner. People are born with a birthright of freedom. The human race continues to evolve and adapt in ways that will, in time, no longer need controlling governments, controlling religions, or laws based on fear. When the majority of people consciously decide to transform their fear and ego, and when people band together with peace as the underlying goal, we will have that freedom once again.

We are getting closer. We have so many people living peacefully with one another right now, it's inspiring beyond words. Look how large our planet has grown, yet the masses know how to get along naturally. It's true,

there are still a few people in high political places, a few military leaders, and a few hidden behind the scenes who continue to draw the masses into war and conflict. Fear is their weapon of choice to keep control over the masses. Don't let them steal your dreams of freedom. Don't let them stop your ability to become self-empowered.

People are resilient and will find a way to live in peace without the need to control one another. People are always gravitating toward an existence with freedom as one of the main core values. It is happening, and this scares those who don't want to lose their power. The biggest fear for someone who desires control over another is losing that ability to rule. These are the people who govern with fear and create our world's conflicts for personal gain. But the people know this. They are waiting for the right time to move beyond this old way of living. They are waiting for the right roadmap, the right tipping point in society, the right *Freedom Code*, to accept a way of peace and cooperation. There are so many people who are ready to move beyond tyranny. There will be a point when these seekers of peace will be able to join together and give a rebirth of freedom for all.

YOUR THREE WISHES

How could I possibly send you on your journey without putting a huge gust of wind in your sails and giving you a port in which to dock your boat? What kind of genie would I be? This will be fun. For now, let's start with your first three wishes. You can always create more wishes later. Before we start, I also want you to temporarily put aside all your previous teachings that instill guilt or shame for wanting or accepting something in your life. Reach for the stars. There are no limits here. These are your personal wishes. What would you wish for that would bring you happiness? Get this firmly planted in your mind. Don't read any further until you get this first wish playing vividly in your mind like a movie. Stop here until your movie has played through at least once in your imagination.

Good. Now it's time to do the same thing for your second wish. What else do you want in your life that will bring you happiness and joy? This can be anything. There are no limits or restrictions. Once you have it, play the movie in your mind, and see yourself living with your wish coming true. Don't go any further in the book until you have played the movie at least once in your mind's eye. If it's a good movie, which I am sure it is,

watch it again and again. Who doesn't like a good rerun?

Great! It's on to wish number three. Do the same thing you did for your first two wishes. Get your wish firmly in your mind. Then play the movie with your wish coming true. Play it over and over. You are doing wonderfully!

Now before you move on to the next chapter, I have three words for you. Take them deep inside your heart. Hear the words in your inner mind. Hear them spoken with confidence and truth. Know that they will come true. Hear the words now...

Wish Granted...

Believe...