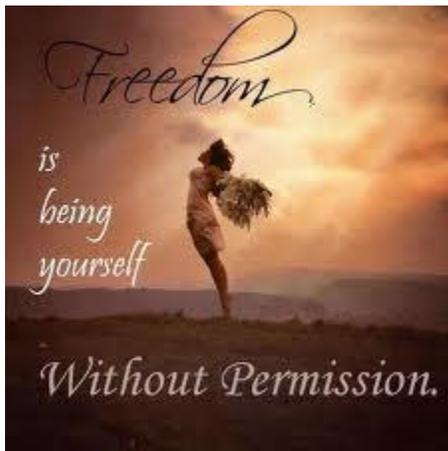


# We Live in a Free Society based in Free Choice and Feedback



By Laima Jonusiene, MD

*Either People are Free or they are Not*



**Free or Not**



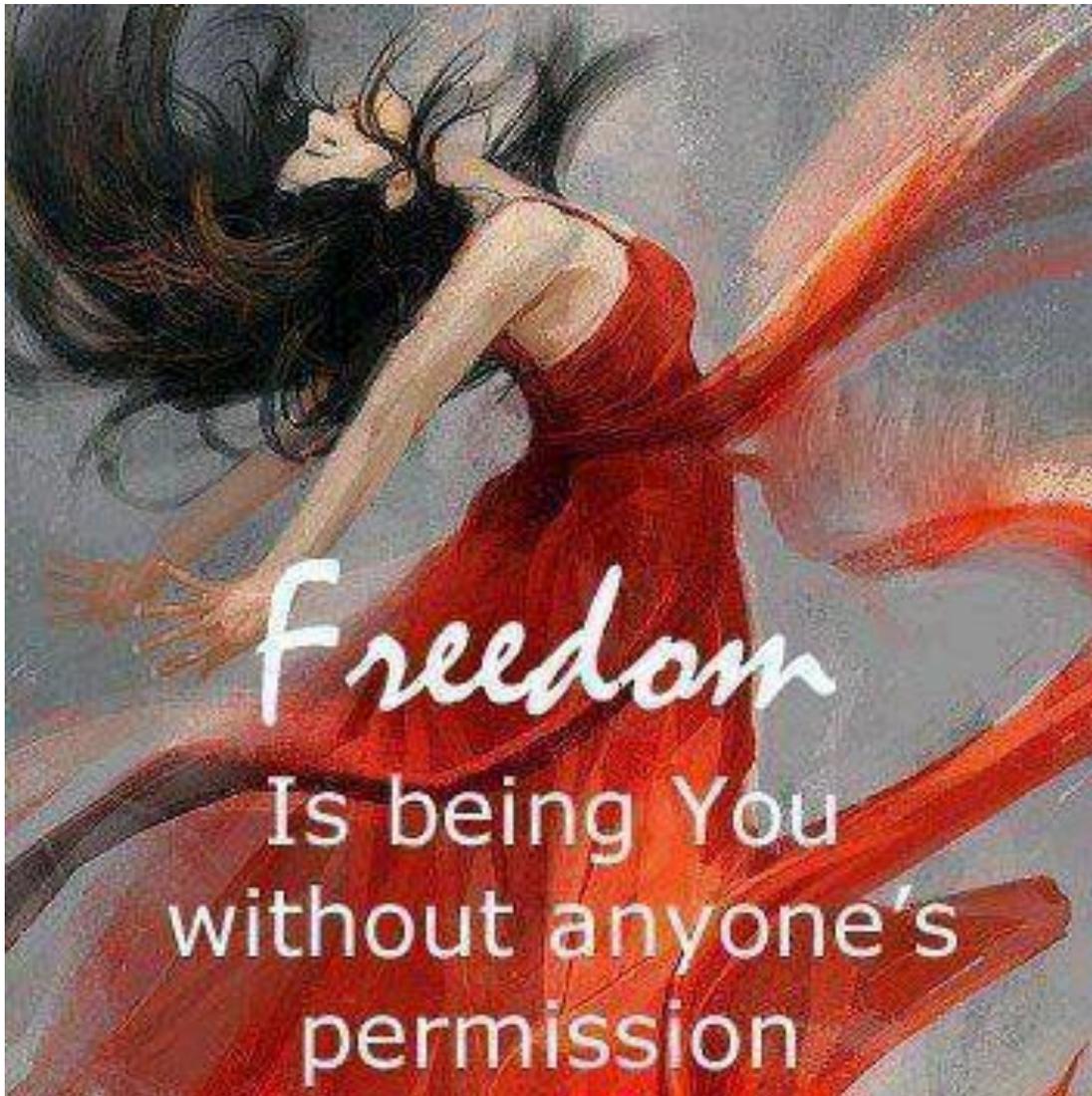
Our society is now based on freedom. People have died for freedom. But bigots and small minds fear freedom. We must be ever vigilant to fight against such bigotry and fear of freedom.

Slavery has been abolished almost everywhere, but it technical still exists. Both Europe and America have made laws that prohibit prejudice against gays and transsexuals. In Europe and America the decision of Gender Identity is a mental choice not a physical one. The state of California has past recent laws where an elementary or high school student can chose his sexual identity by mental choice not surgery. Reading this from a leader in the fight against Bigotry (Desire' Dubounet) might help.

<http://medicalexposedownloads.com/PDF/California%20Gov%20makes%20transgender%20rights%20real.pdf>

Freedom does not mean you cannot give feedback. It is fine to say your lipstick is too red, your eye shadow is too dark. Feedback meant as constructive criticism is a must for our society. If your true intent is constructive not passive aggressive judgment. Positive feedback is a good thing. But negative excessive judgment is not. Judgmental prejudice is the tool of the small mind who cannot hope of understanding someone who resists conformity. People need the freedom to be what they want to be.

It is wrong to say to your child “Stop sucking your thumb”. Here you are giving an order and not encourage independent freedom. It is better to say “Do you know you are sucking your thumb”. Now you are giving feedback not orders. You are encouraging choice not demanding conformity.



## Freedom to Be Starts with the Strength to Choose.

There are few things more rewarding than knowing God is re-finishing us even as we are trying to do it on your own. And not only that, God can set us free from the guilt we have about incomplete self-projects because He loves us regardless of mistakes and shortcomings.

### 1. Forgiveness of self and others

Forgiveness is at the heart of most things we try to change about ourselves. It is like a good multi-headed screw driver, you'll use it everywhere. A lot of the habits and ideas we have about ourselves and others stem from forgiveness, whether we need to ask for

it, or extend it to someone in our past. Forgiveness is crucial because it can often take the sting out of a hurt. It doesn't mean that you pretend that it didn't happen, but it means that you choose not to let it control you anymore.

2. **Patience with self and others**

All good changes take time — like tile grout or even cement, once it's in place it will stand up to anything but you just can't rush it. When it comes to dealing with yourself, a little patience goes a long way, and a lot of patience goes even further. Whatever you are working on there is going to be setbacks. Give yourself permission to fail. If you are trying to learn to curb your temper, don't give up if you blow up at another driver on the way home. See it for what it was, and keep moving forward. A failure doesn't mean that you have failed unless you stop trying. Be patient with yourself.

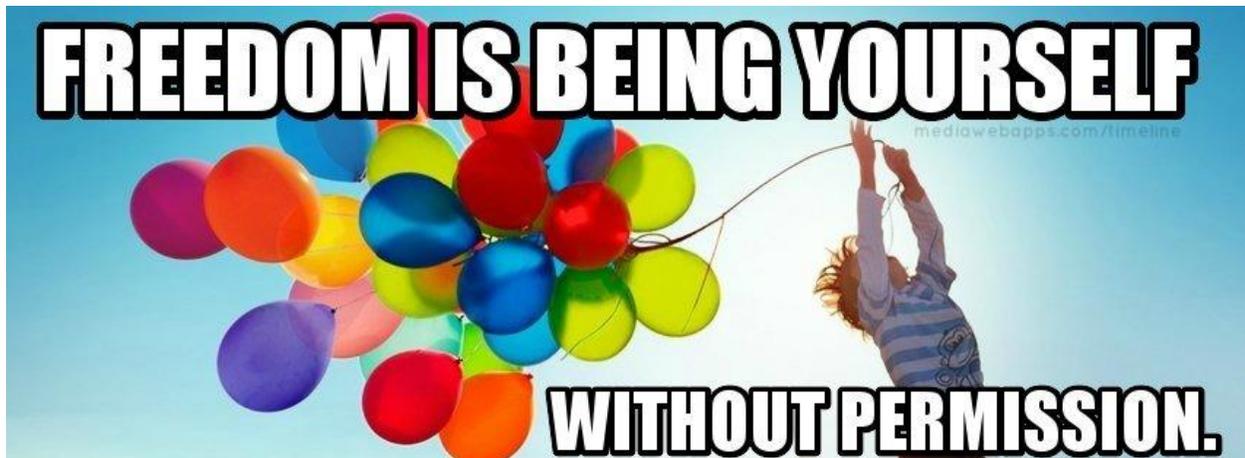
3. **Acceptance of self and others**

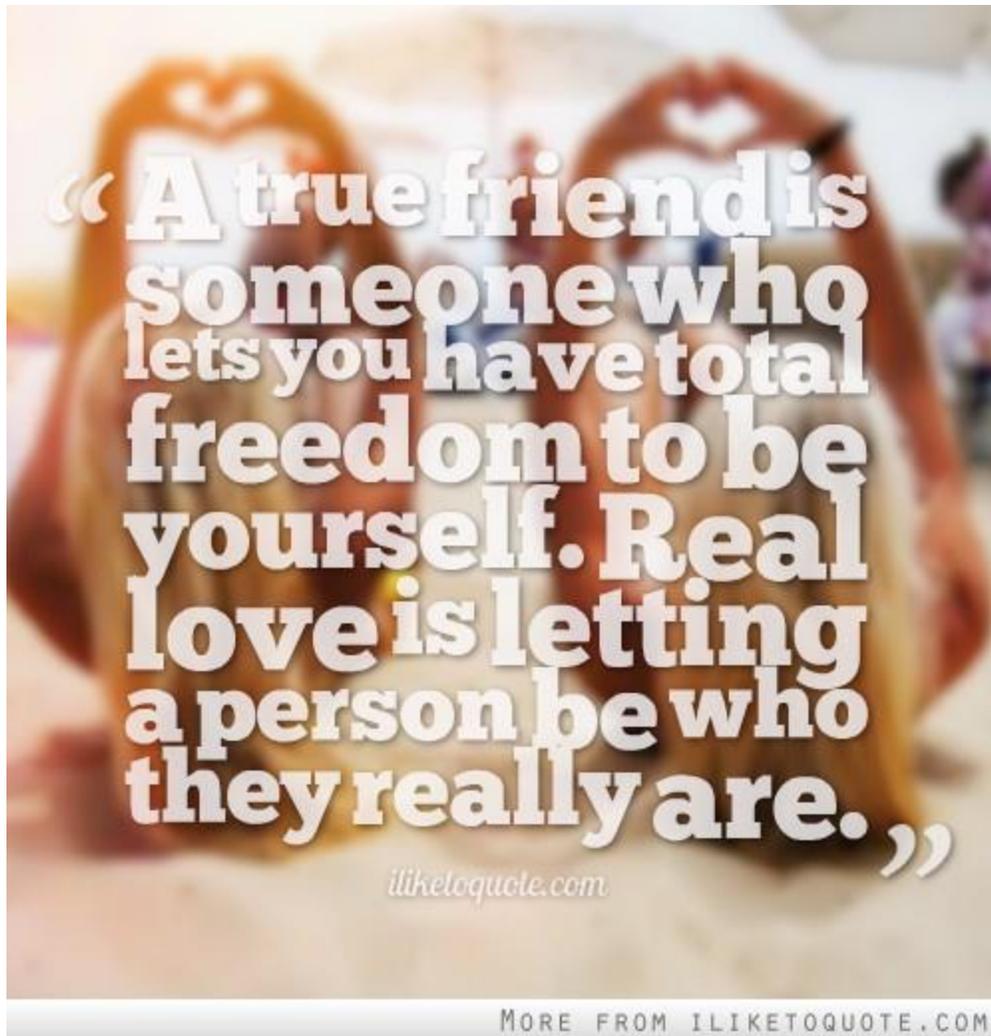
There is a very old prayer that has been used by various groups for years. It goes like this "God grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference." There are things in our lives that we cannot change. You can't pick your family. You can't undo something that you have done or something that has been done to you. Acceptance is learning to see our personal history as history — what has happened, not what will happen. You can choose to stop struggling against the things you cannot change. And that can be a very freeing decision.



“You have the freedom to be yourself, your true self, here and now, and nothing can stand in your way”.

— Richard Bach, *Jonathan Livingston Seagull*





This does not mean that we are free to hurt people. A pedophile is not free to act out his wishes. If your search for freedom does physical harm to yourself or others it must be prohibited. The mental hurts are bit more hard to define. If your behavior restricts another's freedom it is wrong. If your behavior is purposeful and has intent to harm another mentally it is wrong. If a behavior is intent on hurting another it is not freedom it is cruel. Freedom is making an internal choice to be something you want to be and others should allow you to be not force you to conform to their standards. Just being provocative is not hurting others. Some people are prudes, some are exhibitionists. All have freedom to be, and freedom to give feedback. But neither should try to take away freedom of choice from another.

A child does not really hurt his parents if they choose a gay lifestyle. Yes the parents feel hurt thru humiliation. But if they really love their child they will want him to make a real choice. They may give feedback and express concern but true love is allowing people to choose and standing behind them.

Most importantly there is choice, and freedom of choice is paramount. And sometimes people make wrong choices. The ultimate feedback of life can make us choose a different path when the future circumstances change. Freedom is based of freedam to choose, and this means soemtimes choosing a

different path. As you walk on the road there are two ditches one on each side. If you walk towards the left ditch people will yell go right. . If you walk towards the right ditch people will yell go left. So choice and circumsatnce work together and ever change. Freedom to chose and be is the base of our society.

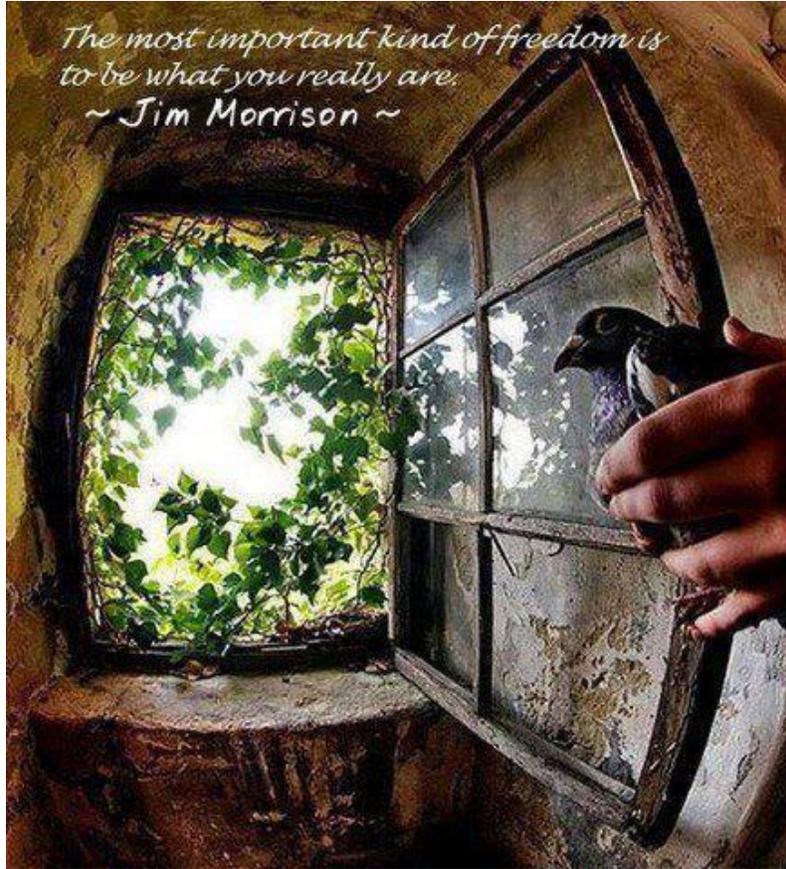


And finally happiness comes from the strength to choose, and keep choosing. It helps to have friends and family who allow freedom and who also give helping constructive feedback.

*I hope you have a better idea of what true freedom is.*

*Laima Jonusiene*

*The most important kind of freedom is  
to be what you really are.*  
~ Jim Morrison ~



**Emancipate yourselves from  
mental slavery,  
None but ourselves can  
free our minds.**



*Bob Marley*  
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