

## From Fear to Faith to Freedom

*Dear Stef,*

*How do you define freedom in the context of a spiritual journey? Does breaking free of attachments, false beliefs and fear allow an individual to experience freedom? Or is there more to it at a deeper level? — Betsy*

**Dearest Betsy,**

Ah, freedom — my favorite subject! Understanding this concept has been paramount to me for as long as I can remember. At 12 years old, I even named my new baby horse Freedom Spirit! We will begin our shared exploration with the dictionary's perspective, which defines *freedom* as the power or right to act, speak or think as one wants without hindrance or restraint. *Oh yeah!*

Choosing the spiritual path creates abundant opportunities to question our perceptions. As we face our unhealthy attachments and false beliefs, we come to understand that restraints exist only in our minds. This awareness does constitute a certain level of freedom, but this is where the third part of your question gets really juicy for me.

Fear often acts as the antithesis of freedom. A deeper level of liberation does exist, and it requires turning our thinking completely on its head! In his book, "The Untethered Soul," Michael Singer says, "In truth, pain is the price of freedom. ... The moment you are not afraid of pain, you'll be able to face all of life's situations without fear."

Sounds like ultimate freedom to me! But how do we release fear of pain? *By allowing it.* Ernest Holmes shares this idea: "You should be careful not to fight fear too much, but rather, through a sort of flexible imagination, convert fear to faith."

The journey from fear to faith (and freedom) lies in transcending the tendency to avoid life's unpleasantness, including fear. This does not mean we wallow in it, but resisting is a willful act of futility if we are seeking true spiritual freedom.

"This is the core of spiritual work," Singer continues. "When you are comfortable with pain passing through you, you will be free."

I know! What a mind-bender! My passion for this level of freedom has empowered me recently to experiment with paying this price. The result has been quite miraculous — I've discovered more room for joy! ☘



**STEF SWINK, RScP**, has been a sought-after practitioner and licensed Heal Your Life® teacher for 17 years. Early on, she was the personal assistant to author Louise Hay, responding to thousands of "Dear Louise" letters and now has a thriving coaching practice in Evergreen, Colorado. Visit her online at [StefSwink.com](http://StefSwink.com).