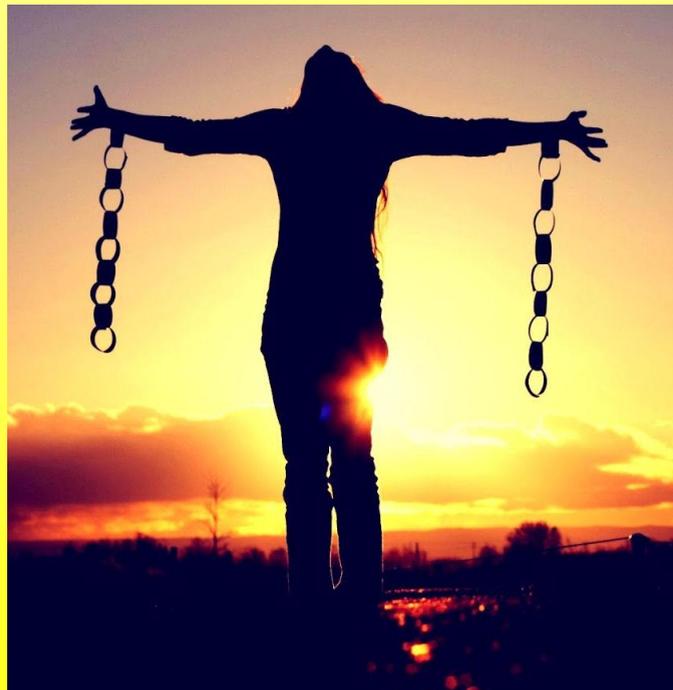


The Philosophy of Personal Freedom

By Martin K. Ettington

How to Improve Your Personal Freedom



The Philosophy of Personal Freedom

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Acknowledgements

My thanks to Brian Aris for writing the chapter in this EBook on Freedom and Security.

A great addition to this EBook

The Philosophy of Personal Freedom

Other books by Martin K. Ettington

Spiritual and Metaphysical Books:

Physical Immortality: A History and
How to Guide
The Commentaries of Living Immortals
Prophecy: A History and How to
Guide
God Like Powers and Abilities
Enlightenment for Dummies
Removing Illusions to Find True Happiness
Using the Scientific Method to Study the
Paranormal
A Compendium of Metaphysics and
How to Guides (Six books
together in one volume)
Records of Extremely Long Lived
Persons
Enlightenment and Immortality
Love From the Heart
The Enlightenment Experience
Longevity Improvements from Science
Learn Your Soul's Purpose
The 10 Principles of Personal Longevity
(2015 Update)
Telomeres & Longevity
The Diets and Lifestyles of the Worlds
Oldest Peoples

Science Fiction:

Out of This Universe
Personal Freedom-Parts 1 & 2
The Psychic Soldier Series
Episode 1-A Soldier is Born

The God Like Powers Series:

Human Invisibility
Invulnerability and Shielding
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Our Energy Body, Auras, and
Thoughtforms
The God Like Powers Series—
Volume 1 Compilation

The Yoga Discovery Series:

Yoga-An Ancient Art Form
Hatha Yoga-Helping you Live Better
Raja Yoga-Through the Ages

Business Books:

Creating, Publishing, & Marketing
Practitioner Ebooks
Building a Successful Longevity
Coaching Business

These books are all available in digital and printed formats from my website and on Amazon, Barnes & Noble, and Apple iTunes.

Website: <http://mkettingtonbooks.com>

What is Bothering Most People?

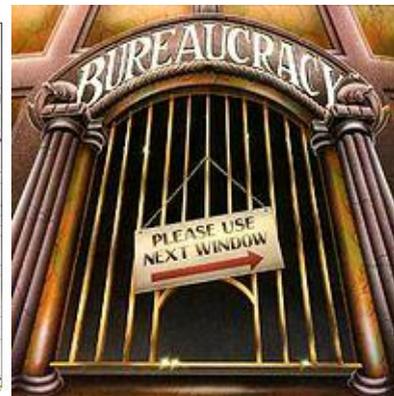
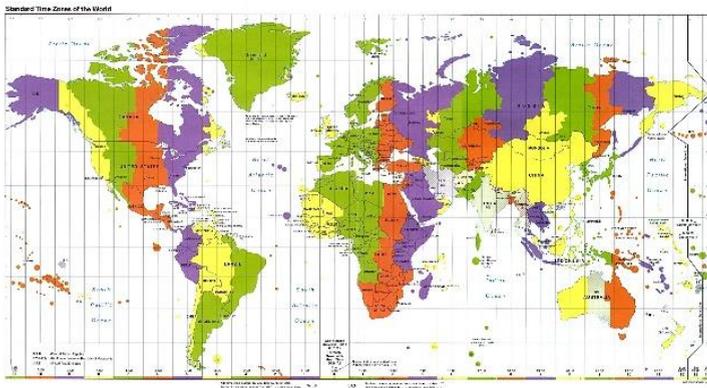
Many countries including the United States where I live profess that we all enjoy freedom. This is a common claim around the world.

Why then are so many people caught up in Hopelessness and feel like the walls are moving in to close them in?

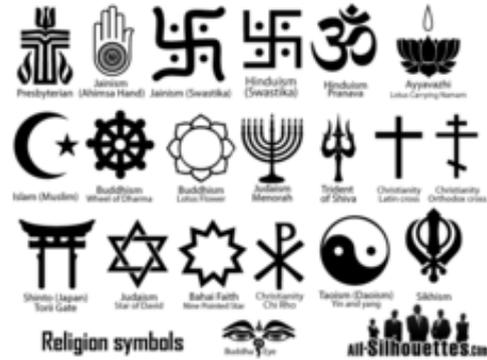
Is there something missing in our lives? And I'm not just talking about Spiritual elements, but something about our civilization.

Here are some Examples:

**Our World has become a huge but stagnant network
of bureaucracies**



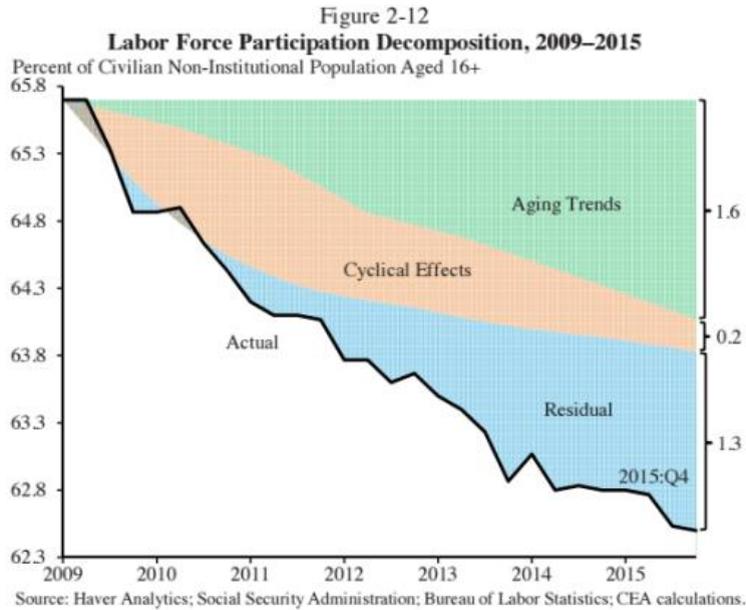
Many religions have core truths but also have many layers of tradition and dogma



We live under lots of rules, regulations, and a veneer of political correctness.



Even the government unemployment rates are lies. It is much higher than we are told:

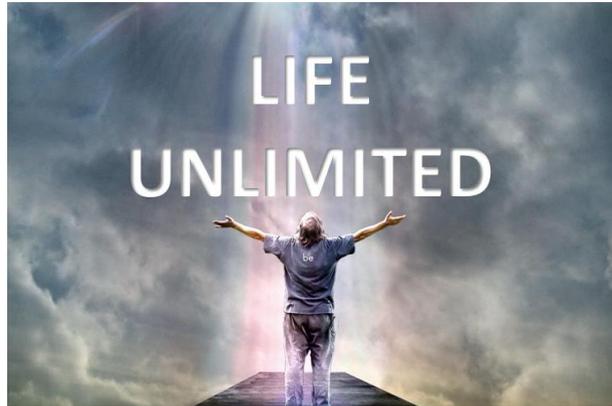


Many of you may feel trapped and not going anywhere with your lives



So how can we change things to make life more meaningful?

Life can be Simpler and More Honest



You Can Live a More Spirit Centered Life

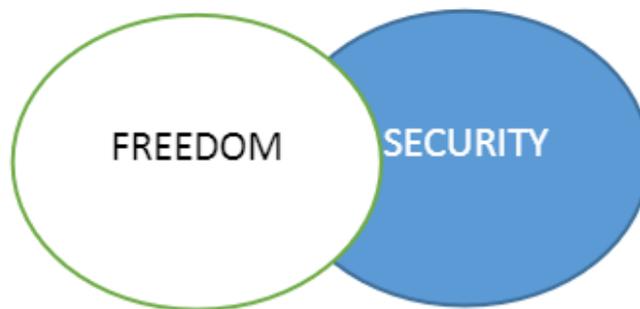


A discourse about freedom and security

Case study of Personal Freedom and Purpose in Life

Are you feeling secure or free? If you were to choose, which side would you like to be? This probably sounds vague without us defining what these two states of mind or being are, but again, the definition will not be accurate, it depends on where you come from.

You agree that as much as it is not possible to conclusively define these two terms, a feeling of being secure and that of being free are different but somehow interdependent.



Let's look at these two mindsets:

Victor is a middle aged family man that has got a well-paying job as a salesman for a hi-tech company, that allows him to meet his bills, educate his kids and keep up with the Joneses.

He diligently wakes up every working day because he doesn't want to fail to go to work and not do the things expected of him by family, friends and relatives.

On the other hand, James is middle aged family man who is a gym instructor. He owns his own gym and works part time as a fitness instructor for kid's talent club. His schedule allows him time to be with his family most of the morning hence he looks at family and kids as a life purpose and not as a responsibility.

Using the above examples, you already have a rough idea as to what freedom looks like and what security looks like. While the two intersect at some point freedom leads to security.

The Philosophy of Personal Freedom

The value of gaining personal freedom cannot be compared to anything. This is why we are so passionate about holidays and look forward to an ideal state of mind where we have less worries and more happiness. In freedom, we are able to enjoy our securities rather than worry about losing them.

Think about personal freedom as the foundation for all securities. We have the power to feel secure when we have the power to feel free. We owe it to ourselves to seek our freedom.

Everyone is born free, but we tend to suppress our freedom to conform to the limits that the society sets. Gaining freedom begins by you identifying that you are unique and with that comes very unique abilities.

That a no, it doesn't work is just another opinion some expresses out of fear of losing their security. Fear itself is bondage and any idea born in fear is feeble.

The door is always open and it's never too late to change the course. That is what living free is about.

Being able to do the things you like so as to gain true security of your mind, soul, body and spirit. To be able to smile genuinely and be a source of vibrant energy effortlessly.

Even the best talents have to be discovered and trained. With the help of professionals like the Personal-Longevity team, you will rediscover your purpose in life. If you keep working towards it, then you will gain both freedom and security.

How do you Live a more Fullfilling Life?



Some questions and answers about living that life:

1) What is your true purpose in life?

Learning your life purpose will motivate you every day. It will help you think about what is possible and not just living for living's sake.

2) How does adding decades to your life change your plans?

Think about additional things could you do if your life span is doubled.

3) How will you feel when you are closer to the Spirit?

Having a Spiritual connection improves happiness and gives you more peace. Improving your Spiritual Connection also makes you more stable and able to handle stress much better.

4) When you activate your vital forces how else will that help you?

People find that activating their vital forces allows them to have many more experiences which helps them realize that the Universe can do more than you ever thought possible.

5) Would you like to improve your safety?

You can train your intuition to be safer and this will improve your ability to do more things in the world.

This calls for a Renewal of Personal Freedom!



What is Personal Freedom?

Personal Freedom is living a new Philosophy of Life which opens up the options for increasing your enjoyment and accomplishment in life.

It is everyone's birth right to feel fulfillment in designing, creating, owning and enjoying the kind of life they want. Claiming these birthrights is easy for a few but an uphill task for many. That is when the feelings of being trapped, hopeless, and oppressed creep in. They can grow so strong to an extent that they can destroy you.

The best part is you can run for help to reclaiming your Personal Freedom. To feel unbounded, realize you got more potential, take away your subconscious limitations and achieve your set goals.

It is that priceless help that we offer at Personal Longevity.

How can we learn about Personal Freedom? By Learning and Living the 10 Principles of Personal Longevity

The 10 Principles of Personal Longevity

1) Real Long Lived Persons Exist

People really have lived a long time-so you can do it too

2) Define Your Purpose in Life

Know your life purpose-To live life with meaning

3) Enable Your Life Urge

Know without doubt that you will live a long and happy life

4) The Importance of a Spiritual Connection

A spiritual connection is important for happiness & long term health

5) Having Love in your Heart

Unconditional Love is real-It will make you happier and healthier

6) Activate your Vital Forces

Improve the vitality of your energy body for health and to enjoy life more

7) The Science of Longevity

Use new therapies and discoveries from Science & Medicine

8) Keep your Physical Body Healthy

Eat a proper diet, use herbal supplements, and exercise

9) Use Your Intuition for Safety

Learn to use your intuition to keep you safe

10) Implement the above principles in your life

Implement these principles for long term health, greater happiness, and extended longevity

Learn how to improve your Personal Freedom: On our Website where you can learn more about how to live the 10 Principles in your life.

- Through Longevity Coaching-teach yourself and others about personal freedom and how to improve your longevity

<http://personal-longevity.com/learn-about-longevity-coaching/>

- Membership in our Exclusive Longevity Membership Site-Join a community of people with a passion for Personal Freedom and Longevity

<http://personal-longevity.com/exclusive-longevity-membership-site/>

- Attending or Holding a Personal Freedom/Longevity Weekend Workshop-Spend a whole weekend learning about these principles and how to apply them to your life

<http://personal-longevity.com/longevity-experience-2/>

Our main Website:

<http://personal-longevity.com>