

What started this journey is a quote. The quote was:

'Authenticity is the oxygen of freedom.'

I create a daily quote and post it on various social media platforms. What is unusual about this quote?

Let me explain. One day I was walking towards Tower Tube Station - and you may know that the Tube staff put a quote on the notice board to make the commuters' day a better day.

Well, the quote on this day was MY quote.

I asked, and they said they just do a search each morning on Google and see what takes their fancy. That day they liked mine!

How did I come up with this quote?

During a conversation I was having with some colleagues we were talking about what it means to be authentic, to be real, or true to yourself. We talked about how so many people live their lives through what is expected of them, or what they feel they should be doing. A lot of this is a result of how we are brought up and the underlying message given in schools.

Things like...*it's a tough world, make sure you get some qualifications*, even though it may not be the best thing for you...*choose a good job*, even if its not what you REALLY want to do, so you can get a mortgage you don't really want... *make sure you are an example to your family and friends and be responsible*, even if it means you have to suppress your dreams?

The conclusion was that... well, if you are true to yourself ultimately what does that mean? It means you are free.

When you live a life through what you think you should do, what seems to be right and how you think others think you should act, you just cannot feel or be free.

So here's a key question: To be free, do you have to be free in the mind first?

I think it helps a lot. So why is this so tough for many?

One reason is perceived expectations, and the story we tell ourselves. When we start to explore what it takes to be truly

free, it is not a linear conversation. There are so many aspects to this...

Where you are currently in your life?

What does being free mean to you?

What are your values?

What are you prepared to do to feel and be as free as possible?

One observation I have made is how much pain people are prepared to tolerate in their lives. The single biggest disease I see in people is the feeling of apathy, the 'I can't be bothered' syndrome.

It seems that people are prepared to feel this numb pain for a time and not feel completely free, rather than do the things that will make them feel free, because it looks like too much effort, or because the increased acute pain you will have to feel to come out the other side is too much to bear.

The only reason that people don't do what it takes to be more free is the perceived effort needed.

This book will examine all these areas.

Being real is one part of being free. The other part is the freedom is doing what you want, when you want, with whom you want. This is about your life plan.

How do you create a life that means you are free to do what want when you want?

Feeling free from within is one thing and very important, and being free in doing what you want is another, which is all part of creating a life where you are financially free to explore the world in the way you wish.

Well, we do only have one life.