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Section D439

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 My Freedom

Everyone wants freedom. Without constraint and control. Different people have a different understanding. Some will think freedom is doing whatever they want to do, some would think freedom is a kind of status. In my opinion, freedom could be physically and mentally. Some people are looking for physical freedom, others are looking for mental freedom.

Desires are the other kind of freedom. Appetite, shopping, sensual and any other kinds of desire are all freedom. Or we could say they are part of freedom. That is for the physically. In mentally and spirit, freedom is more important for us. People keep chasing freedom mentally is harder than physically. When I growing up, I know more interesting things about this world and wants to have my own freedom.

 When I was at primary school, my mom picks me up after school, I thought it’s a kind of happiness, my mom loves me, cares about me. I was a lucky girl. But when I went to middle school, my mind has grown up, I thought it’s a kind of constraint. I didn’t like my mom pick me up anymore, I’d like to go home with my classmates, we could talking about “secrets” on our way home. Before my mom agreed with me. But when I almost got home and say goodbye to my classmate my mom showed up. I was mad because she was following us and eavesdrop on our conversation. I argued with my mom several times, and she gave up, and she let me go home alone. At that time, I thought that I’m growing up like I’m an adult, and I need “freedom”. TIll high school, I came to America, I left my mom, I still think that is what I want, I am free, the smell of “freedom” is around me. I was so exciting, I went shopping every day, not hurry to go home. Half a year later, I got cold, I was very uncomfortable, I began to feel lonely, I missed my mom so much, at that time, I realized that was not real “freedom”, that’s only for physically freedom, no one looks after me, so I could do whatever I want to do, but not the real freedom. I knew I was wrong. After that, I kept thinking about what kind of freedom I want. Until now, I understand that freedom is physically and mentally, both of them needs freedom, from every aspect. In the past few years, I could say I am a lazy girl. I don’t like to think or do something I should do. Like do housework, working out, cooking.I’d rather lay on the bed and play my phone, Instagram and other social apps. Someday I watched a talk show on the Internet. They were talking about an actor from Taiwan. The actor is most popular in China, they evaluate him is an actor who is highly Self-regulation. “People who could self-regulation is the one who has real freedom.” He could learn every kind of skills just for the role he acts in the movie, no matter how hard that is. His body could be lazy, but his mind is hard, is tough, he could control his body, no matter how much sore, pain his body is suffering, he could use his brain to control his body to do the work he should do. I was shocked when I watched the show, I can’t image how hard is that, highly self-regulation, and keep it all the time. I was considering if I could self-regulation, then I would get another kind of freedom, in mentally. Then I try to change my lifestyle, I get up on time every day, I do the housework when I have time, even I went to the gym and working out. It really changed my spirit, my body, and I feel so good that I could control my own body, I like that feeling. I think this is the most important freedom I need. Since my parents weren't staying in America, when I got my freedom I also get more independent without relying on them, but I still want they can stay with me.

 I’m not chasing the desires, I’m chasing the real freedom, from spirit to the body. I think it’s not easy to insist, but I would try my best to keep the habit, and I believe that I could be “freedom” if I keep going on this lifestyle. But everyone has their choice of how to live a life, and everyone has their own thoughts about freedom. But I think freedom should be positive, positive freedom makes us improve, make our lives better and better. It should not be negative, negative freedom may lead us to lose our mind, and something more terrible. For example, an alcoholic is a kind of negative freedom, people who don’t have self-regulation would keep drinking alcohol day and night, it seems like they are freedom, but in the deep down, they have no thoughts, they just have physical freedom, but no mental freedom, it can’t be called freedom. Once you get freedom from spirit and body, you will be more confident, it really helps you to live the life you want, and achieve the goals you set.