Maria Partsevsky

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Prof. Schmerler

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Gaining the Independence

Liberty, independence, sovereignty, autonomy, privilege, immunity, and indulgence. It was associated with the flight of the bird from the ancient times. We talk about Freedom.

Freedom is an innate right which humans have since their birth. Freedom is not something that can be touched, seen, felt or reached. Different people have different opinion, definition and thoughts about the idea of freedom. Some talk about freedom in political sense, some talk about social freedom, some about personal independence and some define it as religious freedom. But the fact that everyone wants to be free, holds true in all cases.

From the standpoint of legislation, s free person is one who has the right to a certain behavior, enshrined in his country’s Constitution. It is about regulated freedom. The more developed country’s democracy is, the more rights its citizens have.

A popular saying goes: “Freedom of one person ends where another's begins”. From the point of view of ethics, a person’s freedom is expressed in his ability to express his will. It is more correct to talk about the possibilities to freely perform certain actions if they do not pose a threat to the life or health of other people, do not encroach on their honor and dignity. Otherwise, the people around are also free to prevent someone’s immoral behavior by their actions. It turns into a vicious circle.

All of us have our own thoughts and ideas of being free. I think there are two main concepts of freedom: physical and mental. To be physically free is to be able to make movements and actions according to your own perspective, your own desire and will. Be free to travel around the world, to study and work the way you want, to make decisions, to have money for all your desires - that what makes you feel that you are physically free. For some people money equals freedom. Being wealthy gives the unlimitedness, because almost everything can be bought with money, even love and fame. You can live anywhere in the world, have a breakfast in Paris and later in the evening listen to an opera in Italy. You wake up and there is a new day full of freedom and joy for you and you don’t have to worry about would be there a roof above your head tomorrow and something to eat. You are financially and physically free. The whole world is open for you and there is no boundaries or people to stop you.

The internal freedom for me is more important than the physical freedom. It is the opportunity of the choice. A free person is, first of all, a person free from stereotypes, open to understanding their inner world. The possibility of unhindered willful expression is extremely important for everyone. Even if circumstances take away the freedom of movement, no one can take away the freedom to dream, to think, to analyze or to learn. Back in the days when I was younger, it was always hard for me to make my own decision. I was led by my mother who was an authority for me and I was even happy about it, because I had no responsibilities for my decisions. Throughout the time I managed to overcome the obstacles to become the free person. It was the hardest step in my life but it gave me the opportunity to see things in a different textures, which, helped to become a strong and independent person. In our head we all as free as our world view allows us. People may respect the opinions of other people, but mindlessly follow them is not desirable. Parents, grandparents, friends, colleagues, they can sometimes suggest the right things. But, everyone has their own life and how to use it is an individual choice.

A serious problem that prevents many people from gaining their independence is the fear of independence. One of the reasons is ignorance, which holds people like real shackles. Very often, someone becomes dependent on others just because they know no other way. By learning more about the laws of the world, understanding their own capabilities and rights, people are getting the most powerful weapon in the fight for their freedom. Fear appears in response to misunderstanding. Thus, the expansion of our worldview can open freedom, therefore it is the first step on the path to it.

The question of what freedom can be pondered over the years. This is the choice of everyone. But, in addition to thoughts, it is desirable to project it in life. Want to be free – be free! There are a number of barriers on this path, but most of them are in your head. Therefore, the first step towards liberation is positive thinking and a proactive stance.