

Top 10 Transforming Treasures



Living in Freedom

by

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Top 10 Transforming Treasures When Living in Freedom

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Introduction: Is Your Freedom Worth Fighting For?

What does living in freedom mean to you? What freedom? Can someone even live totally free?

What if you could, what would you look like and how would you describe your social, spiritual, emotional, and even financial worlds?

Isn't your freedom, living to your potential, worth fighting for?

The colonists in America believed that living in freedom was paramount to the life the Creator endowed them. A life of tyranny under the King of England pushed the early colonies to declare their Independence to be self-governing that famous July 4, 1776. Declaring freedom, though, was not enough. The enemy - Britain would not relent in terrorizing their own people.

The Founding Fathers of the future USA counted the cost and reckoned that going to war and sacrificing lives would bear eternal fruit for generations to come.

Like the colonists who endured hardship under British rule for decades before 1776, we live for years under the tyranny of past wounds, trauma, and emotional pain. Some never know that they do not need to live in turmoil, or even that they do. Others want freedom - and are willing to do what it takes so that they can live peaceful, productive, and purposeful lives.

The brave that venture to break away from inner tyranny gain more than they can ever imagine. I've laid out only 10 top life-changing, transformative treasures that you may find when living in freedom, forever. As you read them, decide if becoming free is worth fighting for.



#1 Enjoy Healthy Relationships

Are you guilty of road rage? Getting impatient in the grocery store line? Do you snap at your children for no reason? Does your spouse ever get under your skin? Do you fight in the home? Do you work with others who irritate you on a regular basis? Do you have friends or people who use you? Are you afraid of commitment? Do you command control over the remote control?

In a study, the top reasons marriages ended in divorce were lack of commitment, infidelity, financial problems, conflict, and arguing. When substance abuse and violence occurred, the marriage was sure to end in divorce. Singles living together, undergoing the same dynamics, would further incur the same results, only ending in repeated break-ups.

Do you want to avoid all this pain and sorrow? Isn't your happiness worth it?

David Seamonds, the author of Healing Damaged Emotions, described us as trees with rings. He wrote, "In the rings of our thoughts and emotions, the record is there, the memories are recorded, and all are alive. And they directly and deeply affect our concepts, our feelings, and our relationships. They affect the way we look at life and God, at others and ourselves."

I call these tree-rings the "ripple effects of trauma."

If left on its own, this toxicity spreads to whom we come in contact. Haven't we been in settings where all is fine until a certain personality enters the room? Often stealth, our negative behavior likewise has the power to change atmospheres. We blame everyone else but the unresolved, deeply hidden, internal pain we carry.

Once free from the entanglement of dysfunctional lifestyle and habits, stressful relationships within the family, friends, strangers, and the workplace begin to improve. The pain, anger, and hurt unravels, and we discover a beautiful world waiting for us.

Broken marriages slowly become restored. Interactions with co-workers transform. You'll carry peace, not strife, to those you love. This new found freedom in relationships cannot be stopped!



#2 Walk with Confidence

Have you ever been asked to speak in front of people? You wanted to say yes, but your knees knocked, your lips trembled, and your stomach burst into butterflies while sweat runs down your face. Have you ever felt rejected? Are you constantly comparing yourself to others? Do you crumble and fade into the background when you enter a room full of people? When your boss asks you into the office, what is your first thought? "I'm happy" or "Oh NO - what did I do wrong?" Do you walk with your head down or do you hold your head up high? How about a common mantra many say to themselves, "I'm a failure, I'll never amount to anything." A reverse might be, "I have to succeed to prove myself." To cope, you either wear this lack of confidence on your sleeve or put on an imposter mask to survive.

Maybe you call it lack of self-esteem, insecurity, or identity, but it does not matter. What matters is what you believe about yourself. And, what you believe about yourself influences how people view and respond to you. You believe you will be rejected, and so you will. You walk in worries and phobias. Many opportunities to worry and be fearful follow you like a night stalker.

Your view of God becomes skewed, affecting your spiritual and emotional well-being. A famous wise saying clearly articulates this phenomenon: "As a man thinks in his heart, so he is." (Proverbs 23:7 MEV)

Have you ever considered that what you believe about yourself may be a mirage and not who you were created to be? Maybe what you believe about yourself is a lie?

Has your thinking gotten you anywhere? Be real and honest. How?

You may have tried all you know to do, but until the root cause of tilted thinking in your inner being is revealed and healed, permanent change cannot occur because we are not the producer of change.

Have you ever considered what God thinks of you? This becomes a key to your success and will free you from lies, leaping you light years into a new path.

Once you step into lasting freedom, insecurities and fears vanish. You'll walk in confidence and fully secure - in who you are, in your relationship with God, and with others.



#3 Get Out of Ruts & Stay Unstuck

No person travels through life without trials and tribulations. Highs and lows. Health and sickness. Joy and sorrow. Success and defeat. Plenty and famine. Family and Loneliness. Good memories and bad memories. During our childhood, our personalities emerged and early events shaped our future. We develop ways of coping in life without often knowing we adopted them.

Unaware of patterns formed, we can go around the mountain many times. The scene may change, but the dynamics of situations replay outwardly as well as in our minds and thoughts.

For instance, you repeatedly lose jobs or change careers. Or, you always almost achieve success, but something happens and you lose that winner's edge. Going deeper, you remain single because you fear intimacy and commitment, but have no clue why you hop from one relationship to another. You blame the other one.

You eventually discover you are stuck in ruts and do not know why.

You've found yourself caught in patterns - from simple, non-harmful behaviors to destructive addictions. You don't know why people keep their distance, stab you in the back, use and abandon you. You don't know why you keep repeating similar circumstances. You may feel like you are on a hamster wheel getting no where in life.

Disappointments and hurt gradually overwhelm you like debris cluttering your path or cobwebs tangling your thoughts and emotions. Compounded over time, left to marinate, grudges, unforgiveness, and pain seep into the way you respond and react to others and circumstances..

Each person can find themselves in different ruts for every occasion. But pulling out a vehicle stuck in the mud can be relative easy compared to overcoming negative thoughts, attitudes, and behaviors.

What ruts, big or small, have you made?

Positive affirmations may add to your arsenal to get out of ruts and stay unstuck, but cannot produce everlasting change. True transformation can only be made in the heart by allowing the producer of change to do what he does best: setting you free to get out of ruts and stay unstuck -- forever!



#4 Just Say "No"

What comes to mind when you think of the slogan "Just Say No?" Temptations and addictions? Alcohol? Drugs? Sex? Pornography? These addictions ruin lives, households, and family unity. If this is you, there is hope. Perhaps that isn't you and this is good. Most of us, however, face temptations every day.

We joke about being tempted by chocolate, sugar, pop, and chips. We laugh at obsession over the Super Bowl and the Top Ten. We casually tell someone, "I was tempted to buy/eat/watch this." The temptations we are empowered to say "No to" go deeper than surface nuances of personality and are not confined to refusing to do evil or destructive acts.

It's putting away childish ways of reacting [aka defensive walls] and saying "No" to not repeating patterns of destructive thinking, attitudes, and behaviors.

What am I talking about?

Do you struggle with lying or telling half-truths? Do you put on a false front with certain people? Do you feel unacceptable, rejected, and unloved? Do you always have to prove yourself? Be the life of every party? Win every argument? Explain every action or word you said? Do you fudge reporting at work to make yourself look stellar? Do you decline social events because you are just too uncomfortable being around others?

Among many defense mechanisms we develop, being an overcomer is not enough. We do not change just because we declare we are. By discovering the connections between our patterns of behavior and root causes, we begin the journey towards freedom from the pain, trauma, past wounds that feed such dysfunction. Our old nature dies, while a new creation emerges.

Once healed from emotional pain, we become open to acknowledging its ripple effect in our lives. One by one, pieces of our defensive walls come tumbling down. Destructive addictions can fall by the wayside as reasons for them are demolished. Our emotional and spiritual lives are transformed. And, healing expands to as many areas as we give permission.

Thus, this liberation from our past strengthens our ability to say "NO" to temptations to return to the destructive thoughts, attitudes, and behaviors from which we were freed.



#5 Goodbye to Shame & Guilt

"I am so ashamed of myself!" Haven't we often heard this said by either ourselves or someone else? Or, the killer phrase spoken, "Shame on you!" "Guilty!" resounds the parent or judge. The words echo through the defendant. "What a shame, what a shame, what a shame," others think.

Emotionally charged words, shame and guilt arouse different reactions among experts. Counselors disagree on meanings, the types of shame, and how to heal their clients from shame. One source stated that shame can never be broken off a person while guilt can be easily cured. Who is right and who is wrong? Do you have to live in shame?

Can we become free from both?

For purposes of this article, guilt is knowing that we have broken a standard by doing something we know is wrong - it is based on what we do: "I did something bad." Shame occurs when we are defined by ourselves or others as being blemished, not by what you did or said: "I am bad." It becomes a painful feeling of being flawed and worthless.

Shame shouts:

- You're an idiot!
- You don't belong!
- You're not my child!
- I never wanted you!
- You're always in the way!
- You're a cry baby!
- Sissy!
- I wish you'd been a boy!
- Shut up and be quiet!

Guilt can be resolved by dealing with the events and actions through confession, repentance, and forgiveness. Shame, on the other hand, hides behind many self-protective walls built up over years. Often resulting from childhood experiences, shame targets the emotions, soul, and heart. Embedded inside, we wear a shame-based outlook which carries into adulthood, stifling our true identity like grave clothes.

Both keep us in bondage unless we address them. We hold the jail keys over each person who offended us, keeping ourselves and them in prison.

Once we allow the judge who sits over us to set us free and hand him the jail keys, the chains of shame and guilt are broken forever. We can kick them out of our lives for good, never to be taunted by them again, and shout, "Good-bye Shame and Guilt!"



#6 Sleep Restfully - Not Anxiously

Caffeine and Pizza - Ingredients for Restless Sleep?

A recent Google search on what causes sleeplessness produced over 3 million results. This did not include restlessness in children, medical and pharmaceutical reasons, or menopause and hormonal changes in the life cycle. Although impossible to examine every study, common conditions such as depression, stress, worry, anxiety, panic attacks, and PTSD ranked high along with over-working and chronic pain.

Traumatic events often produce depression and anxiety. Recent studies also link aggressive behavior, lack of feeling happy, restlessness, discontentment, anger, numbness, and disconnection from self and others to those who experienced trauma. When trauma occurs in the womb, that unborn child receives a cascade of hormones from the mother which influence them throughout their lives. They receive a double "whammy" of the trauma.

A solution for restless sleep? We must go undercover to expose the root that is causing the stress, anxious thoughts, nightmares, tormenting dreams, and why we over-work or stay up too late at night binging on Facebook, Social Media, or late night TV.

Have you been traumatized? What life events built up such stress, worry, or anger that keeps you up at night, even tormenting you through nightmares and tormenting thoughts?

Would you like to be free from lying on the bed, staring up at the ceiling, counting sheep, regurgitating everything about the day or the next day? Do you dream of a peaceful night's sleep? Have you ever considered your restless sleep could be an accumulation from even just one traumatizing event in your life?

When each layer of past pain and hurts are lifted, never to bother you again, your brain and heart can rest at ease. In time, you will find yourself sleeping better. A load has been lifted off your shoulders, and you will wake up more and more refreshed, ready to face the day's challenges ahead.

The enemy of our souls can no longer vex our sleep when lasting freedom invades our entire being. Free from tormenting thoughts and nightmares, restful sleep restores your peace. You are free!



#7 Live from Place of Love & Trust

Love and Trust - two fundamental, innate needs for mankind. The hardest, most complicated, and most hurtful words either unite or divide. Divorce and wars have been started over violation of one or both. Once a person's love is rejected, trust is violated. Betrayal of trust - whether in a love, friendship, or business relationship - cuts crevices deep in the soul from which many do not survive. Bonds of love are weakened, if not destroyed. Feelings of self-doubt, shame, guilt, unworthiness, anger, hatred, and bitterness sprout.

How well do you trust and love? Let's take a look.

Have you ever jumped to conclusions about something or someone, only to learn that what you thought was not the truth? Do you have a hard time trusting men (or women)? Did you make a promise never to trust or love anyone again? Do you trust yourself? Have you run from someone at the first sign of affection towards you? Do you second guess people's motives towards you? Do you always think someone is out to get you? Did it take you three years to believe your spouse truly loves you (I confess, that was me!)?

The dilemma: We secretly desire to love, be loved, to trust and be trusted.

We are always searching for that one true love, friend, or parent in whom we can place total trust and know we are loved and accepted. For many of us, though, painful pasts and betrayals prevent us from believing we are fully loved and accepted. Guilt and shame fill us until we cannot feel anymore. Numbness. Anger. Bitterness. Hatred. Sorrow. Disappointment. Layers of wounds strangle us, and we cannot fathom a life of peace and joy.

Many will tell us to forgive and get over the past. Such great sounding words bring no comfort nor relief. It is not that simple. Exposing our anguish when we cannot trust frightens us.

Yet, when untainted love and trust flourish, their beauty sustains us. Healthy relationships, careers, emotional and spiritual lives prosper in our journey through life. Healing from the point of pain requires a supernatural exchange and a love greater than ourselves to melt our hardened hearts.

Free from these burdens, with softened hearts, we can then live from a place of love and trust. Peace and Joy follow.



#8 Gain Purpose & Vision

Where there is no vision, the people perish.

This wise saying of long ago echoes today through strategists, marketers, motivational speakers, preachers, writers, and businesses. Millions have attended conferences in the hope to latch onto a vision for themselves. If discovering our purpose and vision is so easy in 4, 10, or 20 steps, then why is it that so many do not know what their vision and purpose is for life?

Over 2,000 books alone are sold through Amazon merely on the topic of vision and purpose. The number increases to over 60,000 books addressing success, business, and the entrepreneur. Rick Warren took the world and church by the storm when he published (2002) "The Purpose Driven Life." He continued to write an award-winning series. Development of goals, planning, and finding meaning, purpose, and vision did not begin then. As early as 1928, Napoleon Hill published "The Law of Success" and later in 1937 his all-time classic, "Think and Grow Rich" book, a bible for every one wanting success in life.

Going back to the question proposed, why are we obsessed with finding purpose and vision for our lives? Why does it seem easy for some while the majority never arrive?

Let me use this as an example. Someone drives through a mountain. The skies are clear, the air is crisp, and driving around the corners is a piece of cake. Visibility allows the driver to see far and wide - to other mountaintops to rivers below. The higher the person travels, the mist from the clouds hinders breathtaking scenery as fog swallows the car.

Unresolved conflict, wounds, emotional damage from our past serve as those misty clouds. The longer our pain lingers, the more obscure our vision of ourselves and our future causes us to roam aimlessly. We won't see the road leading us to our destination. Often buried deep below the surface, we may not even know we took a detour. Nor do we realize our past obstructs our capacity to live daily with purpose and vision.

Traveling the road to freedom may not be smooth and easy. However, decluttering the debris fogging your path will lift the mist that has prevented you from seeing the real you -- a person living freely, full of purpose and vision.



#9 Realize Destiny & Fulfill Dreams

Most everyone has some sort of sense of destiny when they are children. Children dream big: I want to go to Mars. I want to be a doctor. I want to be a fireman and save people like my Daddy. I want to be a mermaid. I personally knew a young lady whose life goal was to be an astronaut with NASA and worked hard academically to achieve this mission. Few, though, plan their lives to fulfill their destiny.

While doing some research on the topics of purpose, vision, destiny, and dreams, both secular and faith-based, I discovered inconsistency on what each one means and what makes each one different. While there are common threads among the prolific writers and speakers, I tapped into one man who defused the confusion and brought clarity to the subject.

According to Hubert Hategekimana, a pastor in Rwanda, Destiny is the end from the beginning; Purpose is a reason for the end (Why you exist); Vision contains fractions of pictures that keep you moving towards your destiny (like a car inching up the mountain road in fog, only seeing what's in front a few feet at a time); Dream is the ultimate, long-range picture that you envision once you've stepped into your destiny - such as - passing your company down to the next generation so that they will not experience poverty.

As previously discussed, many live without knowing their purpose in life. And without a purpose, there is no vision, and without a vision, there is no purpose. The person plays a catch-22 game, similar to what came first, the chicken or the egg. The vision or the purpose or destiny?

Frustration, sense of failure, and bitter disappointment increase with delays in knowing purpose and having vision. Without either, destiny and dreams appear to be just whimsical fantasies, never in reach. A famous quote says that hope deferred makes the heart sick.

I don't know about you, but I'd prefer hope over the latter.

Every time we take back the ground stolen in the past and clear the fog, we grow closer to understanding our purpose. Vision then unfolds which gives us hope for the future. Therefore, each small step towards healing and freedom brings us closer to our destiny which leads to fulfillment of our overarching dreams. That's living in freedom!



#10 Live in Victory!

No more living as a victim! No victimization! Totally free!

The victim sees himself (herself) through the lens of yesteryear. Emotions freeze at the point of trauma, crisis, and loss. Always a victim, never victorious. The victim mentality blames others for every negative event, trial, or failure. Shame and guilt project onto others.

The wife cries: "It's all your fault! Why didn't you manage our finances better?" The husband shouts: "You made me do it! It's all your fault!" Caught in the middle of fighting parents, children blame themselves. With no voice to talk back to adults, the child internalizes the pain, repressing the anger, hurt, and hatred. Fear and shame turn the child into a victim.

Nothing ever pleases the victim. No one can soothe the pain. Complaining attitude and bitterness reek. What is in the heart eventually comes out. The victimized person seems to be extremely narcissistic, but it is a cover up for a very broken spirit that is crying out for help. Until the identity of being a victim breaks off, the victim remains imprisoned and cannot live in victory.

Have you ever had a very needy person in your life? Always taking, but never giving? Be honest, have you ever played the victim?

In all confession, I've been that person to others. My identity was "victim." In my brokenness, all I could think about was me and my pain -- how my life could not be put together, marriage restored, and finances fixed. Boy, was my life a mess. Heart wounds and fears crushed my ability to see beyond myself. I lost close friends during this period in my life. My family suffered.

Then one day, my condition began to change. Embarked on what I call the road to freedom, healing came deep within my soul. Desperate, I dove into the deep. I was the one who needed to change - not my husband, finances, or situation. Each time a chain broke, the "victim" lost ground; the "victorious one" emerged. My dark years dissipated. Without looking back, I moved forward in victory.

To most, victory conjures the concept of overcoming or winning a game. We compete for ribbons, cups and statues. But It is much more than a fleeting one time event. It's a lifestyle that comes when the causes for the mist quit having power over us. We no longer play the victim. No more victimization! That is living in victory! Forever free!



#11 Freedom Check

What freedoms do you want more of?

From these 10 Transforming Treasures of Living in Freedom. take time and think about what Freedom Treasures you desire, are lacking, need increased, or changed to live out your purpose, vision, and destiny. Check off all that apply. There is no right or wrong answer and is solely for your own reflection.

- Healthier and stronger relationships
- More confidence and assurance
- Freedom from either addictive or non-addictive negative behaviors that hold you back
- Victory to be able to say "No" to negative thoughts, attitudes, and behaviors once I am freed
- The chains of guilt and shame broken, never again to haunt me
- A sound, restful sleep
- Live from a place of love and trust
- More clarity for my purpose and vision for my life
- Realize my destiny and fulfill my dreams with greater focus, free from the fog that keeps me in confusion
- Live in victory - be an overcomer and victor, not a victim

After you've considered what you'd like freedom in, you have a choice to select your next best step on the following page. Either path will be the right one for you. I pray you live a life of freedom that is waiting for you!

Your Next Best Steps



Living in Freedom

Congratulations!

Now that you've had an introduction to the life
you were meant to live,

Your next best steps

- Keep this e-book as my gift to you.
- Do nothing & run with my blessings.
You can always check in later.

OR

- Explore your options [here](#) to jump-start
your road to life-changing freedom.