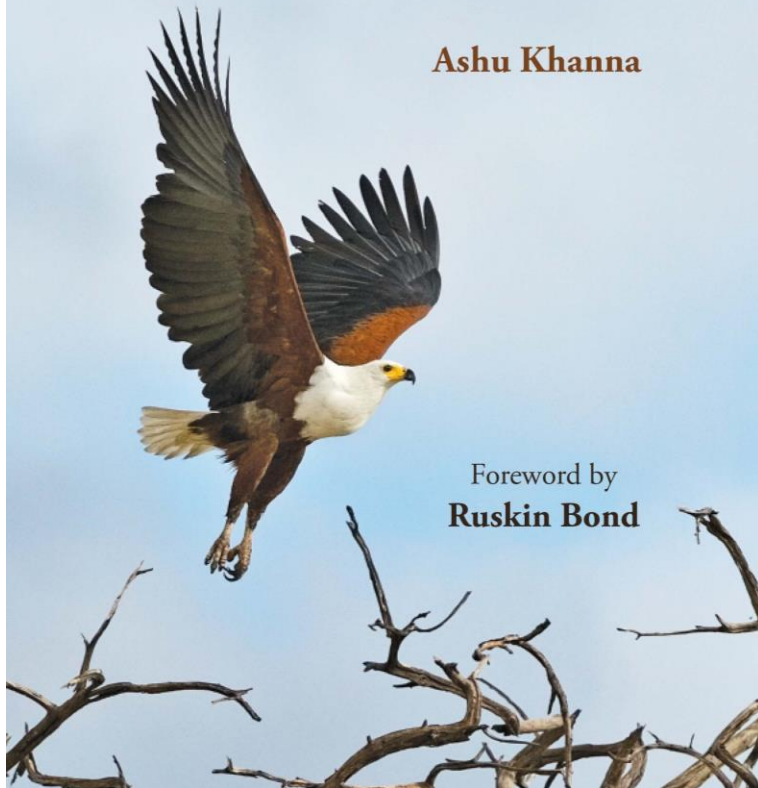


I am Freedom

Live Life with Awareness

Ashu Khanna

Foreword by
Ruskin Bond



BOOK HIGHLIGHTS

I was Free
I am Free
I will always be Free

Ashu Khanna
Reimagine possibilities

YOU ARE BORN FREE!

- *Freedom is our ability to express freely*
- *We are born perfect*
- *Our choices define our life, pause and act*
- *Let's commit to develop a relationship with inner self*

ARE YOU LIVING FREELY?

- *What is 'enough'? Anxiety and desire drive life away*
- *Let's take charge of our state of mind*
- *Look at life in totality, live with gratitude*
- *Failure and success are concepts of the mind, Knowledge alone is permanent*
- *Are you honest with your inner self, rise beyond, 'I'*

UNDERSTAND AND ACCEPT YOURSELF

- *Individuality is a conditioned thought of the mind, there is only consciousness*
- *Question your perceptions, we are spiritual beings having a human experience*
- *Everyone perceives life differently, embrace your humanness*
- *Pause! Silence has the ability to unfold, expand and create*
- *Listen to that subtle inner voice, our true guide to living life*
- *Let go of the attachment to 'I' and befriend the inner voice*

YOU CAN RECREATE YOUR LIFE

- *Our Authentic Self is whole and complete, value and understand your Authentic Self*
- *We have different intelligences, harness your uniqueness to create miracles*
- *Live, don't just survive, let go of emotional barriers*
- *Pain is a fact of life, let go of attachment to outcomes*
- *Our creativity of thought is limitless, adapt and move forward*

DO YOU KNOW THE PURPOSE OF YOUR LIFE?

- *We are born leaders, explore to evolve as a human being*
- *We are born to win, have faith, and conquer your ego with love*
- *Life is a journey of evolution, unfoldment needs time and space*
- *Silence your thoughts to experience His Presence everywhere*
- *Happiness is a state of mind*

WORK THROUGH LOVE AND FAITH

- *Successful leadership starts with self leadership, empower and let go!*
- *Respect yourself and others, maintain equipoise*
- *Grow your love and peace balance to share your love*
- *Life happens in the present, live powerfully by conquering the mind*
- *Trust your inner voice and take a leap of faith*

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