

# THREE KEYS TO INNER FREEDOM

By Ada Porat

I would like to share with you three keys to personal freedom and inner peace, wherever you are and whatever is happening in your life today. When you understand these three keys and the three misunderstandings that hamper their flow in your life, you can start to make conscious choices in your life.

Instead of tolerating the confusion of the three misunderstandings, you will be able to choose to live from the three keys to freedom instead – and your life will reflect that!

## Key #1:

*No matter what you look like or who you are,  
You are a priceless, magnificent, lovable being,  
Worthy of loving relationships, success, and  
abundance  
In every area of your life.*

I have learnt that when you choose to remember you are priceless,  
You find a deep inner peace and power that brings you freedom  
From all the ties that bind you to limitation and lack –  
Instead, you become a magnet for higher outcomes because  
You resonate with the truth of what you really are.

It is through self-forgiveness and self-acceptance  
That you return to your natural place of  
Peace, power and unconditional love.

## Key #2:

*We are all inextricably connected  
to each other and to all there is.*

There is no separation between you and God. We are all in God.

And because we are all part of the One Source,  
We are also connected to one another at some level.  
The entire universe is your extended body.

Because you are part of God, you have the potential  
To realize the healing, creative power of God.  
That means you can co-create anything you choose,  
And you are already doing so,  
Consciously and sub-consciously.

There is no end, no boundary,  
No limit to what you can create.  
You are the master of your own destiny.  
You write the script!

And you are indeed creating every experience of your life,  
Consciously and subconsciously,  
Moment by moment, day by day.

The next part of this concept is the realization that  
There is no right and wrong,  
But human judgment makes them so.

Sound blasphemous? Let's see-  
If you are part of God and God is perfect –  
Then you, your thoughts,  
Your feelings and all your actions are perfect.

Yes that's right, all your actions are perfect.  
Everything in the universe and on this planet  
Is evolving in perfect harmony.

You are learning from your actions and  
You have drawn others into your life  
To learn from their actions.

Others have learning from their actions and  
Attracted you into their lives  
To learn from your actions.

Everything in life is perfect  
To teach the lessons of your soul

The learning process is not always easy;  
It can be extremely challenging at times –  
Yet the process is in perfect harmony.

Everyone on this planet is enrolled in a  
Workshop offering maximum karmic opportunity  
For the evolution of their soul.

Yes, everyone is getting what they need,  
It just may not be what they want – and that includes you.

All rules and judgments on earth  
About human thoughts, feelings and actions  
Have been constructed by humans  
From their fear and need for control.

The bottom line is – there is no good or bad,  
But thinking makes it so – to quote Shakespeare.

Indeed, there is no higher being judging you,  
No matter what you do on earth.

This may be hard to believe at first, yet it is true.

You are your own judge and jury  
And you will only ever attract punishment  
For that which YOU have judged yourself for.

Despite your worst offenses,  
Your soul remains as it was created - innocent and sinless.  
In your preoccupation with the human condition,  
You have just forgotten who you really were.

Gandhi said, “You don’t attract what you want, you attract what you are.”

If you don’t like what you have been attracting,  
Perhaps it is time to remember who you really are  
Instead of believing the stories you were told  
About fear and judgment and limitation.

### KEY #3:

*Your every hurt and  
Fearful feeling and  
Tortured thought  
Is an opportunity to return  
To your original state of grace.*

Put simply, hurt feelings and hurt thoughts  
Are merely internal blockages that  
Mask your inner power.

The exciting part is, when they are skillfully released –  
You can become stronger in all the broken places  
And experience inner bliss.

Yes, if people only knew that their hurt feelings  
Were gateways to their true light and power,  
They would get excited every time they got hurt!

There are no such things as  
'Negative' thoughts or 'bad' feelings.

These descriptions are judgments  
That stop you from releasing fear  
And cause you to suppress your pain.

When you choose to view all parts of yourself as perfect  
And apply acceptance to all of who you are –  
You'll return to a powerful state of authenticity.

When you are authentic,  
Your thoughts, feelings, words and actions are aligned;  
And in that alignment lies your strength.

You then return to your natural state  
Of flowing with compassion through your life,  
Free to experience all the emotional states  
That you came to earth to find.

This is when you are your most powerful,  
When you allow yourself  
To align with your truth;  
When you accept who you really are.

When you do that, you learn to live authentically.  
You come to understand that  
*To feel is an opportunity to heal.*

Every time you get in touch with your vulnerable feelings and  
Simply allow them to surface without judgment,  
You find the grace to naturally release them,  
And take one step closer to your inner power, peace and freedom.

It's that simple! Now let's summarize:

# SUMMARY

## Three misunderstandings

that create your personal hell are the beliefs that:

- 1) You are worthless
- 2) God is separate from you
- 3) Fearful thoughts and feelings are signs of weakness and negativity.

## Three keys to your inner freedom

come from understanding that:

- 1) You and I are perfect and priceless souls
- 2) You and I are in God
- 3) Fearful thoughts and feelings are really gateways to our inner power

***For Rapid Transformation,  
Apply Liberal Doses Of Acceptance Where Needed!***

If you are looking for freedom and healing  
Inside yourself and in your life,  
I would like to invite you to apply  
Liberal doses of acceptance to all aspects of your life:  
To what it is, and to what it's not.

This includes your thoughts, emotions, actions, physical body,  
Your conditions, circumstances and all else;  
As well as all the  
Thoughts, emotions, and actions of others.

Remember that whatever you resist, simply will persist.  
And whatever you accept,  
Will naturally transform and return to harmony.  
Acceptance dissolves all fear of judgment  
And will lead you into peace.

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