

# Liberation

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Yet again, Liberation is a dire need. That being said, the thing to bear in mind while discussing the concept is that we don't need freedom from rulers or dictators, bad vibes or any stereotypical thinking, the world or the people we've hurt, but the consequent feelings that are attached, Liberation from "Us". An unprecedented concept. Isn't it? In a more reductive way, Let's divide this essay into two branches. One, i.e, "How" and the second one also is "How"?

## "The First How"

The first How deals with "how we know if we are bound and need liberation?" The constant need to get approval is a cue, the need to inform your presence but not wanting to meet and interact with new people is the sign we are looking for. Have you ever been out for dinner, lunch, or just a day out.....what is the first thing we do? We take pictures, right? So that we can post those on some prominent social networking sites to show how fun our life is. We measure our level of satisfaction through the number of likes we receive and not how wonderful it was to spend time with those chosen ones. How captivating the place and funny some conversation was, but from the comments we receive. It is the social age we live in...there is competition not only in the career phase but rather our life has become one.



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### ***“Everything is a Lie”***

Talking to someone feels like telling a lie, being untrue to our thoughts and expressions, weaving a story so long, whose end is unclear. Anger overpowers any other emotion and incapacitates us from thinking with sanity. We've thought of ourselves as the worst person the world would ever come across. Whenever someone advises us, it feels unsolicited. Isolation and ignorance feel the best way to cope with every passing human and each minute gone.

We've started to look at ourselves from the eyes of others, to judge ourselves from their pre-assumed and deceptive views of theirs. We put on fake smiles to hide our vulnerabilities and hold ourselves to the liking of others. The urge to get validation from people who excite us consumes us so much that we channel our emotions to loathe ourselves and envy others. We start to believe that people often don't trust us.

### ***“The Knot”***

We've hooked ourselves with so much burden...neither of the world nor our families, but liabilities, anxiety, anger, secrets, and ego created by ourselves. We have tied ourselves with such strength that it has become hard to even pull out of it, that it even hurts to try. After struggling, we are left with just scars and broken pieces of our failed attempts. Now the question, the pressing priority, "How to stay true to ourselves and candid with others? How do we unravel ourselves from the created fears of the future, issues of the present, and regrets of the past? How do we mend our broken beliefs and thoughts?"

### ***“How do we “Liberate” ourselves?”***

Second but of equal significance, How do we Liberate Ourselves...is there a way around it? First and foremost, I believe we should Log off from those SNS and Log into Life. What I mean is, Start concentrating on the things that are in front and not those inside some device. Emphasize the comments we receive in person that are rare and genuine and not some “We have to comment on something” comments. We should start enjoying and embracing the presence of people that care. Give some time to yourself...a break from obsolete thoughts. Try to not get influenced and compare your unique self with show-offs and ongoing meaningless trends. I know it is going to be a difficult journey but to know the magnificence of the destination, one must not stop paddling.

I believe in manifesting things and today while writing this, putting my real thoughts on this paper, I Manifest to be liberated from every burden, every regret, and every fear so that I will be a person so natural and astute that I once was as a child. Even if it hurts, I am still going to try. Someone somewhere will look through me, support me, and help me release the knot.

***Nevertheless, I am Looking forward to it...***

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