

# Freedom Is



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"This book is written to give you a living experience of freedom." These are the opening words of Freedom Is -- and Brandon Bays gives us exactly what she promises. This is a book about freedom, freedom in the truest sense, freedom on all levels of being. Brandon doesn't merely talk about freedom; she gives us a direct experience of it. She guides us, in her sure and gentle way, into the stillness and joy that are within us. She shows us how to liberate ourselves from any emotional blocks we may have, lift away negative self-concepts, and release past limitations so that we open naturally into our own soaring magnificence. Freedom Is is filled with powerfully effective process work, user-friendly tools, meditations, contemplations, and inspiring stories that will open your heart and draw you into the sublime presence of freedom.

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